

GV

1069

.M89

Morton, J. W.

... How to run 100 yards...

N.Y. 1906





Class GV 1069

Book .N89

Copyright N^o

COPYRIGHT DEPOSIT.



234102,

25-



J. W. MORTON

SPALDING'S ATHLETIC LIBRARY
No. 255

How to Run 100 Yards

By

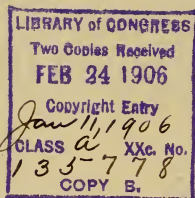
J. W. MORTON

South London Harriers

British 100 Yards Champion, 1904, 1905; Canadian Champion, 1905



NEW YORK
AMERICAN SPORTS PUBLISHING COMPANY
21 WARREN STREET



COPYRIGHT, 1906
BY
AMERICAN SPORTS PUBLISHING COMPANY
NEW YORK

CONTENTS

	PAGE
Morton's Beginning in Athletics	9
Always Persevere	21
Morton's Style of Running	23
Massage	25
Long Walks Beneficial	27
Diet	28
A Day's Work	30
Exercise the Arms and Shoulders	31
Leg Exercises	32
Starting	33
The Finish of 100 Yards	36
Striding	38
For School Boys	39
Comparisons	42
Americans Work Too Much	44



J. W. MORTON

Preface

Many accounts have appeared in various sections of the press regarding my habits and methods of training. On the whole, my methods of training and mode of living have been somewhat exaggerated, so that it is necessary, particularly for young aspirants for athletic honours on the path, to know how I prepare for races and have my methods of training and living correctly reported.

I thoroughly understand that my ideas on training will be subjected to a great deal of criticism by old athletes, and especially American trainers. However, when one realizes the success that has rewarded my efforts and remarkable performances accomplished by me, I can assume my methods of preparation are not so prehistoric as some of the athletic devotees imagine.

J. W. M



ON THE MARK

Morton's Beginning in Athletics

How did you find out that you possessed above the average amount of speed? is a question asked of me so frequently that I will explain the circumstances. The reader will agree with me that it is, in addition, rather humorous. At the age of thirteen I had one particular friend about my own age. This boy's father was an old athlete and in his day had done some good performances; naturally, his greatest ambition was to see his son perform remarkably well as an athlete. With this idea he was training his son in view of a race that was to be contested twelve months later than the incident I am about to relate happened. The race he was training for was a 220 yards handicap for school boys under the age of 16 years. I remember this particular evening very well, as it is a memorable one in my life; otherwise, I, like many others, would never have discovered the latent talent I possessed for running, although among my boy friends it was an understood thing that I was able to run a little faster than most of them. On this particular evening that I refer to, however, the boy's father came along to take his son to do some training. The latter was, however, rather reluctant to leave me for the purpose of training, when the father remarked: "Well, Jack can come along and run with you; give him a good start and he can make the pace." To this suggestion I agreed and all three went to the track. Before going, however, I procured a pair of rubber soled gymnasium shoes. On arriving at the athletic grounds it was decided that I should receive twenty yards start,



ON THE MARK

in order to pull my friend out, which I accepted, and won by such a long margin that this convinced all present that I should compete in the 220 yards handicap. So I was fitted out with my first spiked shoes and running costume. The next time that we went to the athletic grounds for training purposes, it was agreed that I should start level with my young friend, and I gained on him so easily that it became necessary for me to give him the start. On one occasion before the race I was training for, I gave my young friend twenty yards start in the 220, and beat him quite easily. The day of the race came, which was a handicap one; I had been allowed eight yards and my young friend nine yards. This being my first experience in competition, I was naturally very nervous, but after winning my heat, I seemed to have more confidence in myself. My young friend also won his heat and my chances for the final looked very good, considering the marks both of us had received. The final was called and I won quite easily, my young friend being unplaced. The prize was a silver watch. It amuses me now to think what a proud and elated youngster I was after winning this event, which eventually proved the forerunner of many others. After that my school sports came on and I was very successful, winning every race on the flat up to 440 yards; in fact, I was never beaten in a school-boy race in any of the years I competed. When I left school my intention was to give up running, but many of my friends persuaded me to try my pace in an open competition.

At the age of eighteen I entered in a 120 yards open handicap and received $7\frac{1}{2}$ yards start, the handicap being framed from the British 100 yards championship of 1897. I won my heat, and also the final. This was the only race I ran that year. The next year, my nineteenth, I competed frequently and improved vastly;



AT THE COMMAND "GET SET"

in my first effort that year I was second in the 100 yards scratch in 10 1-5 on two occasions, the champion, Wadsley, defeating me by about one-half yard each time. My performances at this age stamped me as among the first flight of English sprinters and great things were prophesied for me, which were eventually squashed by my volunteering for the army in South Africa. I had over two years out there, and was mounted all the time, which is the worst possible form for athletes.

I returned to England in the autumn of 1902, my one great ambition being to win the British Championship.

Now, to those wiseacres who think and write that I have attained my present championship form without hard work or self-denial. I started training in the middle of February in 1903, hoping to be in fit condition to make a creditable showing in the British Championships, to be held in July that year. After four months of the hardest kind of training, devoting my whole time to the same, I had a trial, doing the 100 yards in 10 3-5 seconds. I did not compete in the championships that year, and naturally thought my ambition to become a champion or even a first-class man would never be realised.

In September, 1903, in a 100 yards scratch race at Burton, I was only defeated by inches by Arthur Duffey. I realised that by training more assiduously I had a great chance in the British championship of 1904. There were various rumours that the holder would not defend his title, but, nevertheless, I was determined to be prepared for all comers. I had heard that Duffey had not turned out at the final of the 100 yards at the intercollegiates which were held that year in Philadelphia, Pa., U. S. A., and met Schick. I had great hopes of breaking the American sequence of championship wins. The first time we met that year was at Crewe,



LEG EXERCISE—SHOWING BODY SLIGHTLY
INCLINED, LEG WELL UP AND ARM SWUNG
ACROSS BODY.

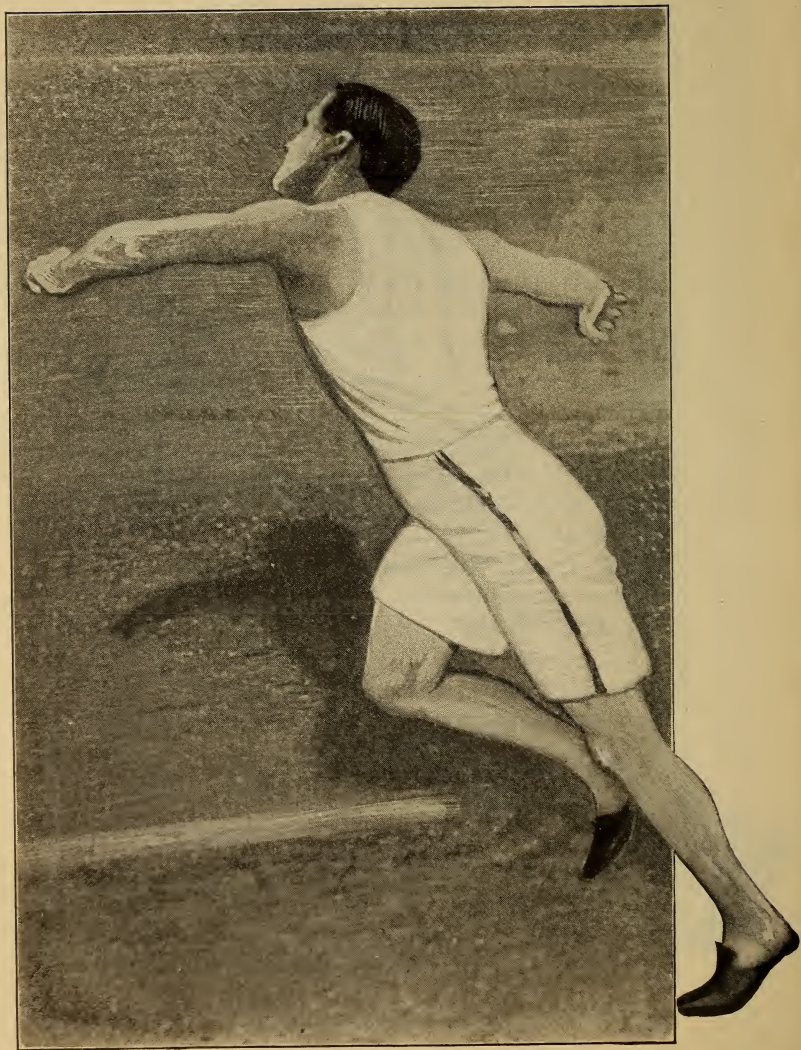
a fortnight before the British Championships, in a 100 yards scratch race. We won our individual heats, but in the final Duffey stayed on his mark at the report of the pistol. I won, but it was a very unsatisfactory state of affairs for me, as I was very anxious to try conclusions with the champion. However, a week later, we met again at Wolverhampton, in a scratch 100 yards. We both won our respective heats. The final was a great race, I winning by a foot from D. Murray, the Irish sprint champion, with Duffey a foot behind for third place; the time was ten seconds dead. This was the first occasion in which I defeated the American. A great many Englishmen still had the opinion that Duffey had not got over his sea voyage and would, the following week at Rothdale, reverse the placing of the British championships. This eventful day for me was not altogether a good day for fast performances, as it rained in the morning, making the track a little on the heavy. Duffey won the first heat in 10 seconds, I won the second in 10 seconds, having very little opposition; C. H. Jupp of the London Athletic Club won the third heat in 10 seconds. The final was very close. Duffey was the first off the mark and at 50 yards was leading at least a yard and a half. However, from there I gradually closed up, eventually winning by inches. C. H. Jupp came third, very close up. The time was 10 seconds. As a matter of fact it was a yard inside.

I met and defeated on many occasions throughout different parts of England and Scotland another American, Westney. The next important race was held at Spa, in Belgium, put up with the idea of giving Duffey and myself a chance of competing for supremacy on neutral ground. It was a 100 yards scratch, and a special prize and medal for same was presented by King Leopold of Belgium. I won this race, Duffey being second. After that



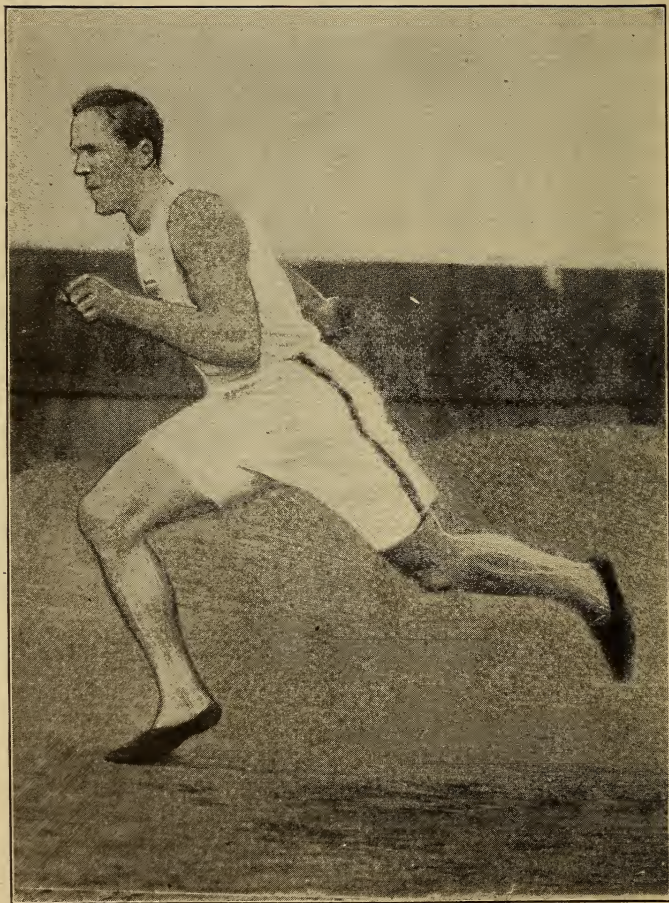
LEAVING MARK—BAD POSITION

I ran in London, and won the 100 at the South London Harriers' amateur meeting, in 94-5. A week later, I won the 120 yards handicap in 11 4-5, equaling the record. Next year, 1905, I was successful all along, winning the 100 yards British championship in London; Stark, the Scotch champion, being second. In the month of August of that year I made up my mind to take a trip to Canada and the United States. My idea was principally to take a trip and see the country, as I anticipated that after the hard season I had just finished I would not be in a position to do my country justice. Incidentally, I took my running outfit with the idea of taking a trial. Evidently the sea voyage did me an amount of good, for, after being in the country only two days, I won a 100 yards scratch race in Montreal in 9 4-5, which was accepted as a Canadian record. Kerr, Canada's fastest sprinter, and Walsh of the New York Athletic Club, were second and third respectively, three yards behind. A fortnight later came the Canadian championships, at which I won the 100 yards Canadian championship and 120 yards special in 10 seconds and 12 seconds respectively. Seitz of the New York Athletic Club was second in the 100, the finish being a very close one. The idea was prevalent that he would defeat me the following Saturday, September 3, at the New York Athletic Club games. However, I had an easier journey than at Montreal, winning easily in 10 1-5 seconds. After staying at Travers Island some time I went to Philadelphia, and there ran on the worst grass track I have ever seen. The race was a 100 yards open handicap, and I won my heat in 10 seconds, and in the final was beaten inches in 9 4-5 for first place. I now realised that I was getting over the trouble of climatic effects and from this time on was running as fast, if not faster, than ever before. I went back to New York and spent



FINISHING—SHOWING THE THROW AT TAPE

three weeks sightseeing, etc. Whilst there I competed at an indoor meeting at Madison Square Garden, my first attempt at the distance 50 yards, and also my first attempt at running on boards. Eaton of Boston, Mass., the record holder at the short distance sprinting game, was opposing me, and I fully realised when I saw this man win his heat that my colors were going to be lowered. I won my heat in 5 3-5, and was beaten a yard in 5 2-5 (equals the record). In the final I more than surprised myself, as I did not fancy that I should do such fast time for 50 yards. However, two nights later I won the 60 yards in 6 3-5 seconds; so, therefore, equalised matters somewhat. This was my first and last experience at indoor racing. On October 15, my last race in America, was when I competed in a 120 yards short limit handicap that was put on for me to go for my own record. I was in fine shape, but all the conditions were unpropitious; the wind blew against me and the track was very loose; nevertheless, I won by three yards in 12 seconds.

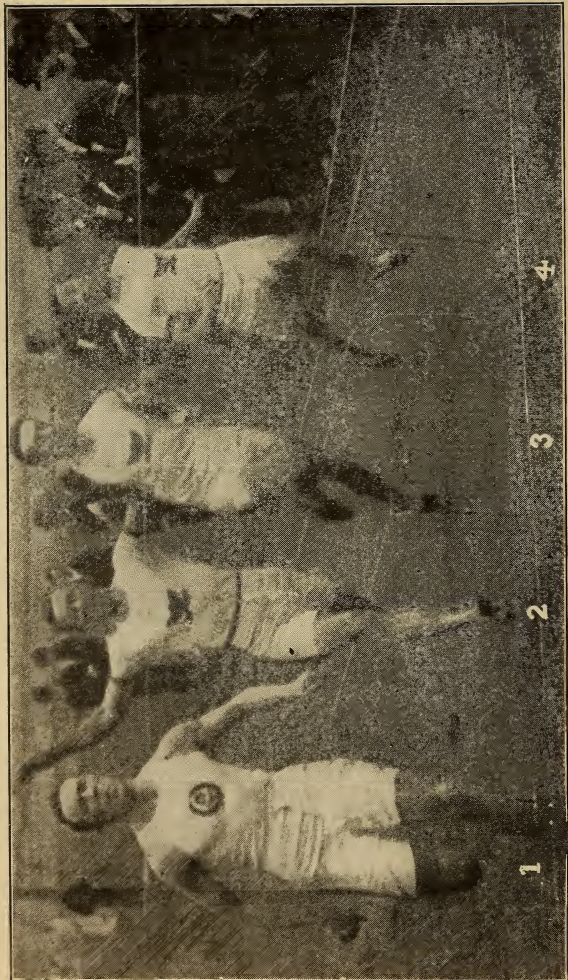


GOOD POSITION WHEN RUNNING

Always Persevere

My principal idea in giving these details is to impress upon the young athlete emphatically—although, from observation, it would be beneficial for many of the leading athletes to digest the following: That the most important factors on the road to success are perseverance, determination and pluck. Never ease up simply because your opponent is a little ahead of you; fight it out right past the tape. Personally I have great admiration for and would prefer to be connected with a second-class man with a good heart than a first-class man with no pluck or determination.

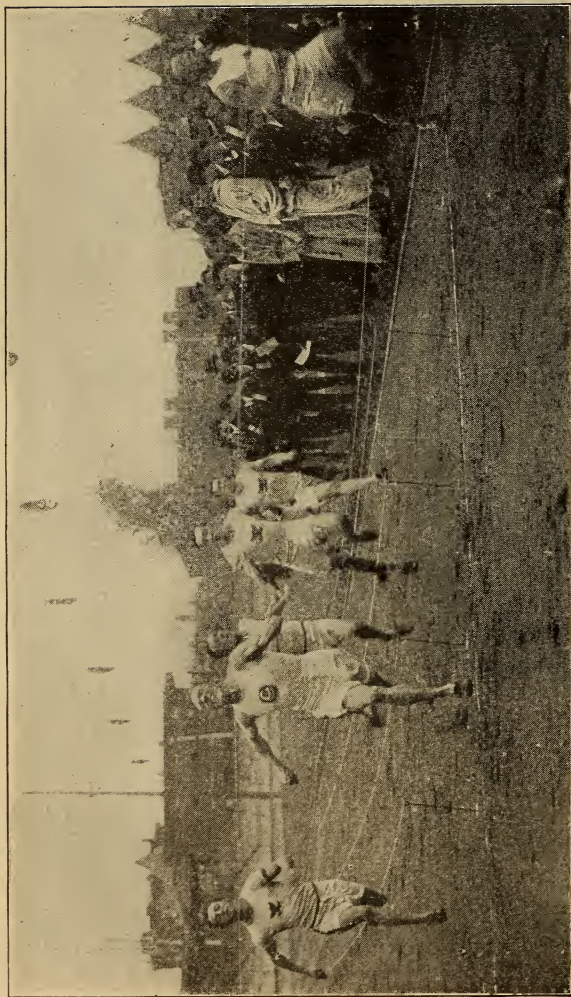
Many and many a time I have thought that places have been lost to a runner who has acquired the bad habit of looking around. Make it a point to look straight ahead. Don't be ever-watchful of the man coming up to you. Pay no attention to him. It is an acknowledged fact that a man who is passed first by one, then stops to look around, will soon be in fourth place. This is what some call an "athletic quitter." I am convinced that it is a habit that grows on a man who does not make it a point to fight it out to the finish.



Morton J. W. MORTON WINNING THE 120 YARDS SPECIAL AT CANADIAN
CHAMPIONSHIPS AT MONTREAL, 1905

Morton's Style of Running

My own style of running and action does not find favour with some trainers, and I certainly will not attempt to argue whether it be correct or not, but I have managed to get the pace with the same, and have met with success, and all who have aspired to be prominent athletes will agree that that is the most important part. I was always taught to run low, that is, the body well forward, so that I miss a certain amount of windage and also get my legs out farther and faster. Does it not seem feasible the more forward the athlete is the farther his stride will go out? Personally, I find that if I run more upright my stride is shorter and no faster action. However, whatever an athlete's style is should be good. Never attempt to remodel, as there is a great possibility of the pace going with the alteration. These last remarks will probably be queried. That may be so; my idea here is to give my own opinion, and it is certainly useless for me, I think, to present one thing and believe another. My, or shall I say our, ideas and methods of training in England are different in many respects from those adopted in America. I must admit that in some parts of England, particularly the north, the systems are most ancient. Some of the old school, many of whom had a great deal to do with the competitors in the world-renowned Sheffield handicaps, are still under the impression, and insist, that an athlete is not in condition unless his muscles are hard. A few months back I happened to drop in at a certain track in which two professionals were training, one a long distance champion and the other sprint champion of England. These men did their training, came in, stood up, just had the perspiration wiped off, and dressed.



J. W. Morton

J. W. MORTON WINNING THE 100 YARDS CANADIAN CHAMPIONSHIP, 1905, AT MONTREAL.
NOTICE MORTON "THROWING" HIMSELF AT THE TAPE

C. J. Seit

Massage

Personally, I do not believe in the theory advanced by some men that massage, or rubbing, as they call it in America, is not beneficial. I am firmly convinced that massaging before and after practising, particularly before a race, is of great value. A man that is a good sprinter must have supple muscles. Some men have been fairly good sprinters who were known to have knotty muscles, but in such cases, sheer strength of limb is what helps them out. It is a well known fact that in fencing, boxing, or any other athletic sport, except weight lifting, the man with the loose, supple muscle is usually quick and agile and successful. Furthermore, a man that is constantly running and using his legs will surely become muscle bound, unless the muscles are flexible, and there is nothing that puts the "go" in a man like a good rub before a race; I take many. A lad, particularly, makes a great mistake in lounging about the grounds after finishing training. It is then that the muscles harden up. When you find that your muscles tend to get hard from a quantity of overwork or lack of rubbing, try the hot flannel or hot towel cure. It is, without doubt, the best treatment possible for an athlete that feels a bit stiffened up or tired in the legs. This treatment is particularly valuable the day before or the day of an important race. Of course, at an ordinary athletic ground, it is well nigh impossible to have hot towels at hand, but such treatment can easily be taken in your own room. I have covered my legs repeatedly with hot flannels and have observed the benefits almost instantly.

Good rubbers in England are few and far between, and it has been claimed by Americans visiting our country that the cause of many of their breakdowns is because they could not secure the services of rubbers such as they have in America.

There can be no doubt, whatever, that the custom in America of having blankets and bathrobes to cover oneself, either in jumping contests or between heats, is an advantage. In England they laugh at such great care being taken of the limbs. If, however, an athlete allows the muscles to get hard and stiff like a board, it is only to be expected that a great strain will come upon them, and instead of stretching as they should, they become strained or break. Our athletes are naturally careless, pay no attention to keeping the muscles warm, and as a great many of our athletic meetings are held on cold days, the contracting of the muscles is the cause of strains and breakdowns.

Long Walks Beneficial

As to my own training, I will endeavour to explain that my first meet is usually about the first of May, and I expect at that time to be doing a sound performance. I do not say that I am to be in tiptop form, but in fairly good condition. After leaving the track the previous year about the end of September, I forget all about running, taking long walks and keeping in fair condition. When I commence training about the middle of February I like to have about six pounds of superfluous flesh to work off. The first week I turn out about twice, doing a slow mile, a few minutes' bag punching, gradually increasing the times I turn out and the pace and quantity of exercise each week. After each training spin I have a warm spray, graduating the temperature of the water off to cold; then a good massage. After a month of this I consider my body and muscles toned up and able to stand a little faster work. I do not attempt starting practise until the air gets a trifle warmer, but to get pace I start slowly down the track, gradually increasing the pace until going at fastest. I keep at this for thirty yards and slow off gradually. I find that by starting fast work this way I am less liable to a strain than by starting practise so early in the preparation. About the middle of April I commence to shape up, going in for starting, running about forty yards and varying same with runs through at about three-quarter speed for about 300 yards. At this period I do a fair amount of bag punching.

Diet

My diet and habits have been strongly criticised and some writers have a great tendency to mix fiction with facts. Not only for the purpose of guiding the young athlete, but for all classes, it must be clearly understood that the great maxim is moderation in all things. As to the use of tobacco or intoxicants in conjunction with athletics, no one will hesitate in agreeing with me that it is most harmful.

A sprinter may offer the excuse that he is not troubled with his breathing, so does not deny himself this luxury. In the first place, whether it be cigar, cigarette or pipe, a quantity of nicotine must of necessity find its way into the stomach, thereby adding poison and destroying the nutriment that food should give to the body; secondly, smoking spoils the appetite, and is it not common knowledge that for one's food to do one a maximum amount of good one must enjoy meals? As to the use of alcohol, it is needless for me to comment on the degenerating effect it has on the organs of the body.

Now, to diet oneself moderately is another clause. Take my own case. I did not take to athletics seriously, as a hobby until I was twenty-four years of age. Previously to that I had been abroad, where the only luxury was smoking. Well, in a similar case to mine, I do not advocate cutting it out altogether; minimize the quantity gradually; say, take one pipe or cigar (not cigarette) three times a day, preferably after meals. I do not think at this age, providing a man has been used to it, it will do

harm, but let me impress upon the young athlete that this liberty can only be taken by a fully developed and grown man. Do not imagine that when you are nineteen or twenty that you are fully developed and muscles and bones set. An athlete, if he lives a proper life and does not overdo athletics while young, should be capable of his best performances from twenty-four to thirty years of age.

In the ordinary way of training I do not diet myself, eating anything I fancy in reason and naturally do not think of taking pastries, fancy dishes, etc.

The use of intoxicants and tobacco for a fully developed and matured athlete is a point which has caused a quantity of discussion. Personally, taken in the strictest moderation, it may not do a man much harm; nevertheless, a man avoiding these luxuries is capable of better performances. Then, on the other hand, for an athlete who has been used to these little luxuries of life to give up everything like this is going to take away the pleasure of athletics. I certainly agree that for a leading man that before an important race or a championship it is worth while practising a little self-denial, in order that he may be in absolutely the finest possible condition. It is not very satisfactory for an athlete who suffers a close defeat to think that had he trained a little more assiduously the result might have been different.

A Day's Work

My daily routine is as follows, varying very little except when an important contest is at hand. In the way of meats I take lamb and mutton only, preferably the latter. Rise at about 8 o'clock; breakfast at 8.30, consisting of coffee, eggs and dry toast, occasionally fish; a quiet walk in the morning, not fast, and attend to correspondence; lunch at one o'clock consisting of cutlets, chops or steak, vegetables, milk, pudding and fruit; about 4 o'clock I do my training; have my dinner similar to lunch, at 7 o'clock; to bed at 9 o'clock. I generally take half a glass of either ale or claret with lunch and dinner. Occasionally, should I have no contest close at hand I indulge in the theatre, as I consider it most essential that an athlete when in training should be in good spirits, have no worries, and be pleased with the world generally.

Exercise the Arms and Shoulders

Leg exercise should certainly be taken in conjunction with exercises for the arms and shoulders. The ordinary chest exercises help a man to retain his form without getting on the track for a week or ten days. I was somewhat astonished while in America that very little attention was paid to the question of getting the arms and shoulders into condition as one would his legs. This is a great mistake, as it is just as important to a sprinter to have the arms and shoulders in condition as the shoulders work exactly in conjunction with the legs. The finest exercise for this is ball or bag punching, for bag punching gives one quick action. I always use what is known as the platform bag, but a punching bag can be used that can be attached to a ceiling or platform. This exercise quickens a man wonderfully, and if one does not sharpen up a bit there are some rough blows from the ball returning. Bag punching brings every muscle of the body into action, leg, arm and shoulder muscles particularly, and I consider it by far the best kind of indoor exercise for a runner. One of the best books—and particularly the only book I know of on bag punching—is Spalding's Bag Punching book. This little book teaches one how to punch the bag and gives many scientific blows, for when one becomes expert at bag punching it is not monotonous exercise.

Leg Exercises

Leg exercise I have found to be the finest exercise for on board ship and for athletes whom business prevents training as much as is necessary. It was the idea of a great English athlete, W. G. George. I took the idea from his book on training, and I have found it to be so beneficial that I am sure he will not take exception to my making mention of this fact, as I certainly think anything that W. G. George brings forward is worthy of consideration by the present day athletes. It was the sole exercise I had coming over on the boat, and that it did me some good on the way over to America is true when you consider that I ran 100 yards in 9 4-5 seconds two days after landing at Montreal.

The beneficial effects of leg exercise I am a firm believer in, and is the kind of exercise that can be taken indoors or outdoors, either in your office or at your home or at the grounds. On my travels across the ocean I took my leg exercises in my cabin, for I felt confident that if I took such exercise on the deck the passengers would think I had escaped from some asylum.

The leg exercises, of course, can be followed without instructions or diagrams. Simply stand on the ball of the foot, working first one leg and then the other, at the same time keeping the legs and arms in motion, as if one was on the track running. I have never tried the skipping rope, but I have heard many old timers say that skipping the rope was one of the best kinds of exercise for the legs, and in some quarters it is used to-day. Of course the object would be to exercise the legs and give the muscles of the legs good exercise.

Starting

This part of a sprint race is undoubtedly the most important part of a contest. Even should an athlete have pace and be not fast from the mark his chance of success at any distance up to 120 yards is considerably minimized. The shorter the distance, of course, the greater is the disadvantage a slow starter is placed in. Practically the universal way of starting is what is known as the handspring. In this the athlete, when ready for the pistol, is in a crouching position. Many old-time athletes will still argue that the better position is the upright one. However, as I have never started from the upright position, or never tried it, I cannot argue for nor against it. I have always started the way I am about to explain. In the illustration of my method of starting, I think I make the subject clear.

It is impossible to form a hard and fast rule as to the respective distance for each foot behind the mark, as the length of the leg varies much in athletes; the general way is to make the hole for the left foot about five inches behind the line; then go down to the "on your mark" position, with the right knee about the middle of the left foot; this should bring the athlete into about his correct position; at the same time, should the athlete when he strikes this position not feel comfortable, too cramped up, or not have enough power in the right leg, let him regulate the distance accordingly. In making the holes, be sure and have the back of the same, where the ball of the foot rests, nearly perpendicular so as to get a good push-off. I have noticed

that a great many youngsters will go to the mark and dig a hole a good deal like the shape of a saucer, not exactly knowing what the object of the hole is for. The object is for the sole purpose of getting a good push-off. At the command: "On your mark," go down on the right knee, as illustrated. Do not get into the "set" position until the starter gives the word, as to stand in that position longer than is necessary tends to tire the muscles. At the command "Get set," all the weight should be on the left leg and the arms, the right leg being free, ready to lunge with the report of the pistol. The body should be balanced so much, that should any one give you a slight push you will fall forward. When the "Get set" comes, rise quietly from the first position; think of nothing but the pistol report. Upon the report, push sharply and quickly away with the right leg, at the same time using the hands as if to push the ground back from under you. Being in such a forward position, will naturally necessitate getting the legs to work quickly to prevent falling forward. Nothing but continued practise will make a sprinter efficient. If afraid of falling, it is advisable to make the first few attempts on grass, as the mind will not be diverted. The great thing in sprinting nowadays is to be able to start fast and getting at your fastest speed as soon as possible after the report of the pistol. I do not believe in 50-yard races, as they are no test of speed, but it is undoubtedly splendid practise for the 100-yard man.

One cannot give too much attention to starting. If sprinters are near equal the one that is perfect at starting has an advantage that is hard to overcome.

Practise starting—and fair starting—as often as you can. Always make it a point not to try and beat the pistol. You may win occasionally on incompetent starters, but in the long run it detracts much from your standing as an amateur and a man.

Always make it a point to practise. Keep absolutely steady on your mark. Pay not the slightest attention to the surroundings. Wait for the pistol. It is immaterial what kind of starters are on the right or left of you, do not let them draw you away. In one of my races in America I was much astonished by one of the lads in the scratch races in the lane next to my own. He broke several times and had I not been a heady starter I most assuredly should have followed him, which, of course, would have penalised me a yard, and might have lost me the race. I afterwards made an investigation and found that this was not an attempt to pull me over the mark, but that the lad making the false start had acquired a bad habit that he could not get rid of. Therefore, always make it a point to consider yourself in the race, and no one else. When the pistol is in the hands of an honest, experienced starter you should always bear in mind that you will be given a fair start.

The Finish of 100 Yards

After one has thoroughly mastered the art of starting, and is developed into a fast man and figures quite prominently in an important event, in order to be successful and get the benefit of every ounce of good that is in him, and particularly when he has on his hands the level race, the finish of which he knows is going to be a close one, and that inches will decide it, it is then he wants to use the "throw" at the finish. There is no finish as sensational as the one that is known as the "throw finish," and by using it I have often won a race which at 95 yards looked like a losing one for me. It requires a great deal of practise and quick action to work it successfully, but when you have once mastered it, it comes to you like an inspiration when you are in a tight corner.

After leaving the mark I pay no attention whatever to breathing, taking a breath as required. At about twenty yards from the tape I take a long breath, quickly pulling myself together for a final effort. At this point a thrill seems to pass through my muscles; I travel much faster, and should it be a close finish, at about eight feet from the tape, I throw myself off the right leg, striking the tape with the left breast, and saving myself from collapsing by the left leg. Should your stride have left you on the other leg at this period, your method will, of course, be vice versa.

It is advisable to practise this method of finishing on grass, as you will be able to pay more attention to it, not being afraid of

the abrasions that a fall on the cinder track would cause. Whatever you do, do not attempt too long a throw to the tape and do not attempt to bring the feet together like in a long jump. To be successful with this jump at the finish the runner must get off one leg. This method of finishing has won many races, particularly my 1904 British championship, when I defeated Arthur Duffey. At 95 yards he looked like a winner, but I threw myself and breasted the tape first. Of course, this method of finishing is like everything else, it requires a great deal of practise. I can assure athletes who think it worth while trying, that they will find it very useful in a close finish.

Striding

This should be done after an athlete has done several bursts off the mark. Run about 300 yards at about half pace and carry the body forward, throw the legs well out forward, as illustrated, and be careful not to try and overdo this. Never attempt to stride long when sprinting at full speed, as the athlete runs a great risk of strain. Always let the stride in the race take its chance. If plenty of striding exercise is indulged in the length of the stride when racing will be increased. It is an important thing to run straight; by that I mean that the feet should swing in line, leaving the spike marks exactly in a straight line. A man that throws his toes out in running loses a lot of ground. This part of the action is more a gift than anything else, and if a man turns his toes out badly it will be practically impossible for him to run in a straight line.

For School Boys

The meaning of the word *Training* is often misunderstood. Training is really putting the muscles and organs of the body exactly into the condition as nature intends. However, when any particular branch of sport is decided, the parts of the body which are going to bear the brunt require slowly toning up, to stand the extra pressure. The school boy living an outdoor healthy life, always running about, requires very little training. Every boy should be in good condition, irrespective of competition. In the first place, should a boy have ambitions to become an athlete it is necessary to choose the distance at which you are best. Do not run away with the idea that your size or physique is not suitable for any distance. Whether you be large or small you have quite as good a chance for excelling in any distance. Do not think that because you are short or slightly built you cannot excel in sprinting; or, on the other hand, because you are tall and big you can never be a long-distance runner. I could give you instances galore of the great discrepancies in stature of the world's greatest athletes.

As this book is written for sprinters, I will consider that is the branch you have decided to make your hobby. In the first place, never let athletics interfere with your studies. As should you neglect these for athletics, even should you excel in the latter, in after life your athletic past will not be the means of keeping you.

The school boy should not consider the question of dieting at

all seriously. I do not advocate anything special; simply eat plain, wholesome food, and plenty of it. Pastries and sweets are not good for the athlete, but it would be hard to deprive you of all these luxuries. Eat the same, but very moderately, and not at all several days before your important contests. Is it not worth a few days' self-denial in order to be bracketed as one of your school's greatest athletes? Never think of smoking, and shun any boy that does smoke. It is unnecessary to dwell on this point, as every boy knows, or should know, the degenerating effects of smoking, whether he is an athlete or not. As soon as a boy indulges in this pernicious habit it is impossible to forecast his future, and as regards athletics all hope of becoming a fourth rater is reduced to a minimum.

Now, as to your training; you received from other pages in this book how to start. Let me impress upon you the importance of getting perfect at this point. If you have no exceptional pace and able to leave the mark quickly, it will probably be the means of your winning contests. I take it for granted you are generally running about in connection with different sorts of school games; in that case you will practise for starting and speed alone, as your body should always be in condition. In practise never run the full distance, and always train if possible from the report of the pistol, running 30 yards absolutely as fast as you can, slowing down gradually; never think of pulling up quickly, as you run a great risk of straining a tendon. My own plan as a boy was to have two or three of these special sprints in the evening, or at any time convenient, about three times a week, not more.

After practising starting, stride through at about half pace about 50 yards over the distance at which you intend to compete. The most important factor to remember is, never overdo

your training, as you must remember that your body and muscles are not fully developed and not able to stand the quantity of work that a man can do, because he is properly set. Never train the day before your race, and always make it a point never to train or do any hard work athletically when feeling tired out or languid, for then your athletics become work and not as they should be, a pleasure and recreation. I am firmly convinced that more harm is done to the young aspiring athlete by forcing him than by any other means. No amount of driving can put speed into a man if his heart is not in the work; therefore, when tired and worn out, out of sorts and not feeling right, take my advice and don't listen to the trainer that drives you on the path and forces you to do a certain amount of work. About that time you want feeding up and resting. So-called hard training on the track will take all the speed out of you.

You will see this on other pages of this book, but let me impress upon you the danger of attempting to take long strides when training. Do your striding work when going at half pace and when running, let the stride take care of itself. Should you at any time be so unfortunate as to strain a muscle, do not attempt to run again until you are well and strong. If you neglect to care for a strain and compete before it is healed, it will probably become chronic and will give you a lot of trouble in your games as you grow older.

Comparisons

Having competed for years in Great Britain and made a tour of Canada and the United States I can give my impressions of the American athletes, and a comparison between them and our English athletes. Naturally, my sympathy is with my native talent; at the same time I will endeavour to give an unbiased opinion. I have great admiration for the American athletes, not only as to their capabilities on the path, but also from a social standpoint. They are fine fellows. In my opinion, it is preferable to have a good reputation as a man, more so than to be admired for one's athletic capabilities.

Sprinting in America is a fine art, and I must admit they can give us a start on that point. On the whole, I do not think they possess more pace, but every bit that they have is utilised. One very seldom sees a slow starter, probably due to the quantity of short sprints—50 yards—that are given annually.

In these races it is absolutely necessary to be fast off the mark to stand a chance of meeting with any success. These dashes are useless, but as a means of helping the 100-yard man in his training they are unsurpassed.

I have observed on many occasions there is not such sportsmanlike rivalry in America, between competitors, as we have in England. In a good many cases where two men of rival clubs are close contestants they are bitter enemies. A quantity of athletes generally have excuses to offer why they did not win; there are, of course, numerous exceptions, but on the whole

rivals on the path are not the great friends they are in England. I have noticed in England several cases of greatest rivals on the path being the greatest inseparable friends off—and members of different clubs, too. Our English athletes do not take athletics so seriously as in America, Englishmen looking upon running as a pastime and a hobby alone, done for pleasure, and with the idea of not to make work of it.

English runners would never tolerate the methods and the remarks of American trainers. In America the trainer is the head and his word is law, similar to the army. In England the trainer advises—not orders—and the athlete pleases himself. Were English runners put through the preparation as the Americans are, they would, in my opinion, hold their own in sprinting. The air is lighter in America and one seems to run with less effort than in England. American athletes are very susceptible to the cold and should it be a little chilly it appears to knock them off their performances.

Americans Work too Much

The American athlete differs from the English one in many respects. English runners do not train so hard, which is, in my opinion, because they compete so much more frequently. There are scores of meetings in England every Saturday over the country and any quantity of mid-week meetings. Personally, after the British championships I never train, as I do enough in competition to keep myself fit. In America I felt convinced that the average American athlete trains too much and appears stale and overtrained. It struck me that they do all their best work in training instead of having a little bit left for the real contest. An athlete who has had a few years' experience will know best himself what suits him, without having to consult a trainer. Comparing the capabilities of the respective countries, America undoubtedly supplies the best sprinters. In the first place, the air in America is much lighter and offers less resistance, and one runs there with less effort than in England, but the main cause of American supremacy in this branch is the encouragement given to 50-yard races. To meet with any success in these contests it is absolutely necessary to be fast off the mark and greatly helps when the 100 yards has to be run. In my opinion, it is a good competition for that reason. As a test of speed it is, of course, no criterion. If only our sprinters could be persuaded to pay more attention to the start, I fancy they would soon be in position to hold their own with the best in America.

Indoor running is very good for keeping in fair condition throughout the winter, but long-distance running on such a small board track is merely fit for novices and fourth raters. I cannot understand first-class men risking their reputations and also limbs in such scrambles.

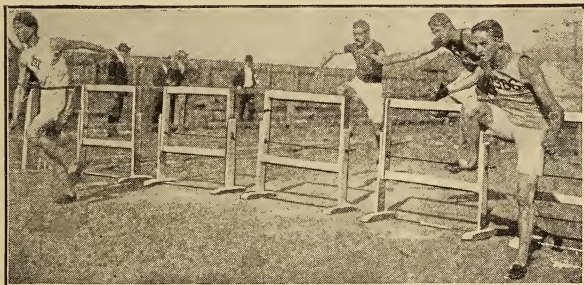
A SPECIAL AWARD ^{AND} GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

Athletic Training For Schoolboys

(Spalding's Athletic Library No. 246)

By GEO. W. ORTON



This book is the most complete work of its kind yet attempted. The compiler is Geo. W. Orton, of the University of Pennsylvania, a famous athlete himself and who is well qualified to give instructions to the beginner. Each event in the intercollegiate programme is treated of separately, both in regards to method of training and form. By following the directions given, the young athlete will be sure to benefit himself without the danger of overworking, as many have done through ignorance, rendering themselves unfitted for their task when the day of competition arrived. Illustrated with numerous full page pictures of leading athletes in action.

PRICE 10 CENTS

Spalding's Catalogue of Athletic Sports shows the Official Implements for all Athletic Events. Send Your Name for a Copy.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
		Cincinnati		
		Montreal, Can.	London, England	

A COURSE IN

By Prof. E. B. Warman

Scientific Physical Training

A Complete Course of Physical Training for Home Use.

No. 142—Physical Training Simplified.

By Prof. E. B. Warman, the well known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. The exercises comprise directions as follows: how to stand; how to sit; how to rest; breathing; exercises for the fingers, wrists, elbows, shoulders, neck, hips, knees, ankles; a word about the muscles; the arms and thighs; shoulders and chest; waist; sides; back and abdomen; bowing; bending; twisting; the liver squeezer, etc., etc. Fully illustrated.

Price 10 cents.

No. 149—The Care of the Body.

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating; diet—various opinions; bill of fare for brain-workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food; why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes, bread, butter, water; germs of disease; diseases peculiar to children; digestion—time required; dieting; milk; alcoholic drinks; tobacco; should clergymen smoke? corsets; methods of training; symmetrical development; the perfect man; the perfect woman; proper weight, height and measurement; the secret of not growing old; three rules for preventing wrinkles; physicians and drugs; Christian science; catching cold; bathing; the uses of salt; catarrh; a clear complexion; sleeping; insomnia; the care of the feet; color of the clothing; breathing; ventilation.

Price 10 cents.

No. 166—How to Swing Indian Clubs.

By Prof. E. B. Warman, the well known exponent of physical culture. The most complete work on this special subject ever issued. By following the directions carefully anyone can become an expert club swinger in a short time, as the diagrams are very plainly and intelligently drawn.

Price 10 cents.

No. 185—Health Hints. A series of articles by Prof. E. B. Warman, the well known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise, who needs it.

Price 10 cents.

No. 208—Physical Education and Hygiene. By Prof. E. B. Warman. Contents: Basic principles; longevity; hints on eating—the process of digestion, food values, the uses of salt, medicinal value of certain foods, nutrition, food values compared, the efficacy of sugar, sugar food for muscular work, eating for strength and endurance, fish as brain food, food for the children, digestibility, a word about condiments, bread, appendicitis due to flour, why we eat some foods; hints on drinking—water, milk, buttermilk, tea, coffee, how to remain young; hints on bathing—cold, hot, warm, tepid, salt, Russian, Turkish, cabinet, sun, air; hints on breathing—breathlessness, heart strain, second wind, correct breathing, yawning, the art of Yogi, breathing as applied to bicycling.

Price 10 cents.

AMERICAN SPORTS PUBLISHING COMPANY, NEW YORK.



285 HEALTH ANSWERS

BY PROF. E. B. WARMAN

SPALDING'S ATHLETIC LIBRARY No. 213

Contents: Necessity for exercise in the summer; three rules for bicycling; when going up-hill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; drinking ice water; to cure insomnia; asleep in two minutes; for those who ride wheels; summer outdoor exercise; profuse perspiration; danger of checking perspiration; dress, hot weather; light colored clothing; how to avoid catching cold; eating; a few good rules; drinking; how to go up and down stairs; the proper way to breathe; correct position; to secure correct position; the right way to sit; when you are walking; perfect freedom; stationary running; fish as brain food; condiments; internal baths; honey; anemic condition; high collars; alcohol; measurements of women; process of digestion; southern corn; children dining; blanched almonds; ice-cold water; beans; running; insomnia; consumptives; tub bath; codfish and potatoes; rheumatism; strength begins in the stomach; nervousness; poor complexions; lines about the mouth; sleeplessness and nervousness; school gymnastics; coffee; feats of strength; palpitation of the heart; measurements of men; catching cold easily; hoping against hope; sea salt; what is health? what is disease? strength from the earth; nutrition; winter underwear; quantity of air; in your athletic work; rub down after the bath; amount of food required; sleeping without a pillow; short windedness; woolen underwear; complexion tablets; bathing when tired; beauty; the brain worker; two meals a day; how often to exercise; mixed diet; nostril breathing; blushing; the lungs; sallow, or muddy complexion; facial muscles; draughts; vegetarians; a perfect woman; gray hair; eat less; stoop shouldered; eat more; varicose veins; offensive breath; offensive perspiration; consumption; animal foods; callous spots; to increase in weight; mixed diet necessary; blackheads; muscular energy; hot water tub baths; osteopathy; swimming; diet essential; dreaming; repair and waste; fluttering of the heart; importance of ventilation; appendicitis; to overcome short-windedness; French heels; the train skirt; flying all to pieces; longevity; bicycling; public speakers and singers; thinness; woolen underwear; starchy food; acid dyspepsia; bleaches; best time to bathe; daily needs of the body; skin blemishes; restaurant luncheons; active chest; the ankles; smoking; how to rest; cold feet; slender ness; hair tonics; cereals; diet; sugar; thin women; nervous indigestion; hearty breakfast; worry; shoulder braces; that tired feeling; obesity; the neck; paleness; tired limbs; sodium phosphate; proper insulation; cream or milk; massage; thin hair; dark circles; lemon juice; open air; waterproof dress; beneficial exercise; housework; swollen feet; mouth breathing; toilet soap; sunlight; massage; children; indigestion; black hats; carry your head high; playing golf; the brown streak; the hips; mastication; rope jumping; snoring; digestion; do not be deceived; liquids at meals; acid of lemons; fresh fruits; conservation; vapor baths; lung expansion; the bones; pronounced muscles; vigorous exercise; diabetes; sighing; carry the head; sipping water; abnormal acidity; lung expansion; double chin; cooked foods; consumptives; heredity; take nothing; rye; black specks; manipulation; all manicures; ether; pure toilet soaps; a rubber comb; the parched, etc.; the requirements of health; the weeping sinew; heavy bed clothing; feather pillows; dandruff; tired feet; all cereals; for tender feet; barley; one who is ill; large pores; internal baths; oats; the use of any drug; a cold water bath; sugar; excessive blood; all depilatories; consumptives; fresh fruits; wheat; rice; lettuce; health; an outing; cornmeal; an oily complexion; filtered water; boiling the water; distilled water; fruit for gout; the palms; skimmed milk; alcohol; buttermilk; vegetables; muscle food; cocoa butter; buttermilk as a skin lotion; men of sedentary habits; children; beef tea; timely suggestions; oatmeal; oil obtained; the best known remedy; dark circles; a weak heart; snuffing any liquid; brain food; the term proteid; rough red hands; curvature; cold water; apples; shortness of breath; sunburned faces; bones require food; laugh and grow fat; fat taken as food; very obese people; beans, the poor man's friend; when summer comes; prevention; excessive flesh; patience; a headache; plants; iron; blackheads; la grippe; flowers in bedroom; feed a cold; la grippe; children; power of thought; hard hitting; high altitude; eye exercises.

PRICE 10 CENTS

AMERICAN SPORTS PUBLISHING COMPANY, 15 WARREN STREET, NEW YORK



HOW TO BECOME A BOXER

For many years publications have been issued on the art of boxing that to a certain extent did not enable the novice nor the youth to become proficient in the manly art. There is probably no man in America better qualified to teach boxing than Prof. William Elmer, and in his book on the subject he goes into it very exhaustively. The book contains about seventy full page illustrations, showing how each blow is to be made, how to attack and how to defend yourself. It shows how the hands must be held and the positions to take, with descriptions that are so accurate that any boy can take them, open them up and with a young friend become proficient. Besides being a fully illustrated book on the art of self-defence, it contains nearly all the photographs of the leading American boxers and the positions they take, which in itself is instructive; the different rules under which all contests are held, and articles which will interest anyone on the question of physical education. In order to make this publication the most accurate one issued, Prof. Elmer had his sparring partner posed personally for all the illustrations.

PRICE BY MAIL 10 CENTS.

American Sports Publishing Co.

16-18 Park Place, New York.

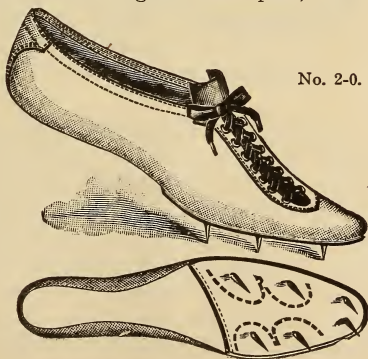
WHAT TO WEAR AND USE



Cross Country Shoes.

It is very important that the beginner in athletics should know what to wear for the different sports. The cross country runner requires a shoe with a low, broad heel, and spikes in sole of shoe; he can have spikes in the heel or not, just as it suits him. A pair of Spalding's No. 14 shoes, which are made of the finest Kangaroo leather, and used by all

the prominent cross country runners, cost \$5.50 per pair. A sprinter will require a pair of sprinting shoes, No. 2-0, that retail for \$5.50. It was with this style shoe that Wefers made all his records. John Cregan, the Inter-Collegiate Champion, wore them, as well as Charles Kilpatrick, the peerless half-mile runner and celebrated record holder. The sweater, No. A, of finest Australian lamb's wool, was made originally by special order for the Yale foot ball team and now used by all college athletes, is one of the best in the market,



No. 2-0.

sells for \$6.00; athletic shirt, No. 600, at \$1.25; athletic pants, No. 3, at 75 cents; a supporter is very essential for an athlete and nearly all the champions use them; No. 5 is the most suitable one and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents; the bath robe is now an essential part of an athlete's outfit—these retail at \$5.00. This complete outfit costs \$19.65.

The second quality of the same line of goods can be bought as follows: Sprinting shoes, No. 10. \$4.50; sweater, No. B. \$5.00; shirt, No. 6E, 50 cents; pants, No. 4. 50 cents; supporter,

No. 72, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, \$3.50. This second grade outfit costs \$14.90.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14-H, which sell for \$5.50, and a pair of wrist supporters, No. 200, which can be bought for about 40 cents. There is one article that a pole-vaulter must have, and that is his own pole.



Jumping and Hurdling Shoes.

There is an awful lot in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it according to the rules, which is quite right, for we have often seen a pole-vaulter make the fatal mistake of allowing much heavier men to use his pole and break it. Any one can naturally understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds. The best pole on the market for athletic purposes is the 15-foot 6-inch pole as supplied by A. G. Spalding & Bros. to the Prince-

ton University A. A. This pole is made of hollow spruce, thus being much lighter, and owing to a special preparation with



Intercollegiate Sweater.

which it is filled, the strength and stiffness is greatly increased. It retails for \$10.50; a 14-foot pole, hollow, retails for \$9.50, and the solid for \$6.00. Usually the vaulter will wrap the pole to suit his own tastes.

The high jumper and the broad jumper will want an outfit as follows: Jumping shoes, No. 14-H, \$5.50; sweater, No. A, \$6.00; shirt, No. 600, \$1.25; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1,

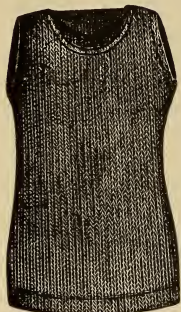
15 cents; pushers, No. 5, 25 cents; bath robe, \$5.00.

An outfit with several of the articles of a cheaper grade than the above, costs: Jumping shoes, No. 14-H, \$5.50; sweater, No. B, \$5.00; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents; bath robe, \$3.50.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, wear what is known as the No. 14-H shoe, with a short spike, which retails for \$5.50. It is very essential that the weight thrower should have his own implements; in fact, nearly all the champion weight throwers carry their own weights with them and guard them jealously.

Without doubt the best hammer in the market to-day is the ball-bearing championship hammer as designed and used by John

Flanagan, the record holder and champion thrower of the world. This sells for \$10.00. An extra leather case for carrying these hammers will cost the athlete \$2.00. The regulation hammer,



Sleeveless Shirt.

lead, you can get for \$4.50 and the iron at \$3.25. The 16-pound shot, lead, will cost \$2.50, and the iron, \$1.75. The 56-pound weight, lead, will cost \$10.00. While on this subject I would advise any weight thrower who wants to become expert to carry his own weights and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle with which he is not familiar.

Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross country shoe, No. 14C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit



Running Pants.

that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.

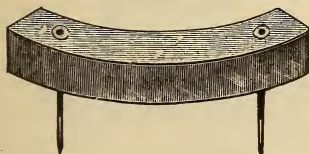
Athletes and athletic club officials would do well to procure a copy of the Athletic Primer (No. 87) of Spalding's Athletic Library). This book fully covers the construction of athletic grounds and tracks, the management of games, formation of new clubs, etc. It also contains illustrations and diagrams of what might be considered a perfect athletic track.

In laying out or re-arranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential that more than one field sport should go on at one time. Therefore it should be arranged to have the running broad jump, running high jump,



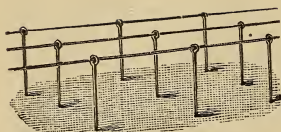
Take-off Board.

and the circle for weight-throwing separated. In order to have your plant as perfect as possible, it is necessary that you have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.



Toe Board or Stop Board.

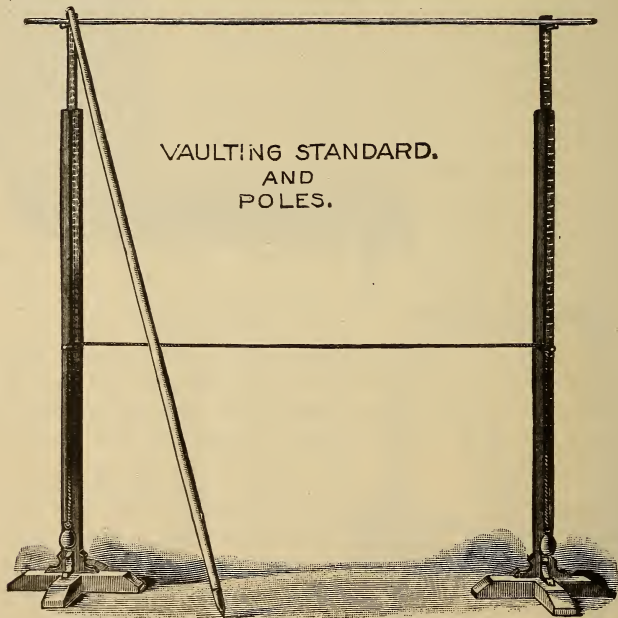
There are many things that are required. Great care should be taken in the arrangement of the broad jump. The toe board is a very important article and is generally overlooked, and the runway requires as much attention as the track. At the average athletic grounds the jumping path is usually neglected.



Lanes for Sprint Races.

In the sprint races, wherever possible, each contestant should be given his own lane. A lane can be made of iron stakes driven in the ground about eighteen inches apart and strung with cords.

For the pole vaulters and high jumpers you should procure two sets of wooden apparatus—Spalding's complete apparatus



No. 109. If the pole jump and high jump go on at the same time, an extra lot of cross-bars should be on hand and three or four different poles.

The regulation 56-pound weight, known as the "Mitchel" weight, can be secured for \$10.00.



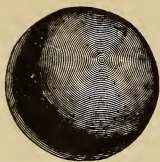
Regulation 56-Lb. Weight.



Regulaeion 16-Lb. Hammer

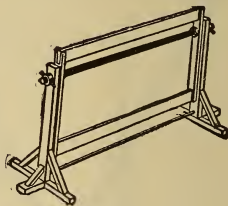
For the weights you will be required to furnish a 16-lb. Spalding Championship Ball Bearing Hammer, as originally designed by Champion John Flanagan. It is now universally used by all the good weight throwers. The ball-bearing swivel hammer is in great demand and favored. It does away with the breaking

of handles, and Flanagan claims it can be thrown many feet further than the old style hammer. Schoolboys invariably use the 12-pound shot and the 12-pound hammer. If they desire lead shot, it usually costs a little more than the iron. The 16-pound iron shot can be bought for about \$1.75, and the 12-pound for \$1.50.

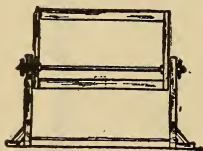


Shot.

The most suitable hurdles on the market are the Foster Patent Safety Hurdles. The frame is 2 feet 6 inches in height with a horizontal rod passing through it two feet above the ground. The hurdle is a wooden gate 2 feet high swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up 3 feet 6 inches.



Foster Patent Safety Hurdle
at 2 ft. 6 in. height.



Foster Patent Safety Hurdle
at 3 ft. 6 in. height.

The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Olympic Games of 1904, and has met with the approval of the best known physical directors and trainers of the country.



Megaphone.

The Spalding Official Discus should always be on the grounds. This retails for \$5.00.

A megaphone is now a necessary adjunct to an athletic meeting. With a megaphone almost any amateur can announce the results distinctly.



Official Discus.



Starter's Pistol

The captain of the club should endeavor to have in his possession a pistol so that the boys can practice starting, and a whistle for announcing that everything is ready for a start



Whistle



Measuring Tape

and also for attracting the attention of the officials, several measuring tapes and several balls of yarn for the finish.

The athlete is also advised to consult the following books, which contain a great deal of useful and necessary information on their respective subjects:

No. 27—*College Athletics*. M. C. Murphy, America's foremost athletic trainer, now with Pennsylvania, is the author, and it was written especially for the schoolboy and college man. Illustrated from photos of college champions.

No. 87—*Athletic Primer*. Edited by J. E. Sullivan. Tells how to organize an athletic club, how to construct an athletic field and track, how to conduct an athletic meeting, with a special article on training. Fully illustrated.

No. 156—*The Athletes' Guide*. How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners, and important A. A. U. rules and their explanations, while the pictures comprise many exclusive scenes showing champions in action.

No. 174—*Distance and Cross Country Running*. By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient in these specialties, gives instructions for training and is illustrated with many full page pictures of the best men in action.

No. 182—*All-Around Athletics*. Revised and up-to-date. "Training and Competing for the All-Around Championship," by Ellery H. Clark, winner in 1897 and 1903; "Training for the

All-Around," by Dr. E. C. White, ex-champion; "How to Become an All-Around Athlete," by Adam B. Gunn, ex-champion; other explicit and detailed instructions for the competitor; scores of contests from 1884; tables of points used in scoring the all-around; notable performances of all-around winners; portraits of prominent all-around competitors, and scenes taken at all-around meets. The best book on all-around work ever published.

No. 217—*Olympic Handbook*. Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. Contains a complete report of the Olympic Games of 1904, with list of records and pictures of hundreds of athletes; also reports of the games of 1896 and 1900.

No. 239—*Official Intercollegiate A. A. A. A. Handbook*. Contains official rules that govern intercollegiate events and all intercollegiate records. Any boy who intends to compete in college athletics should familiarize himself with this book.

No. 241—*Official Handbook of the A. A. U. of the United States*. The A. A. U. is the governing body of athletics in the United States, and all games must be held under its rules, which are exclusively published in this book.

No. 245—*Official Y. M. C. A. Handbook*. Edited by G. T. Hepbron, the well-known athletic authority. Contains official Y. M. C. A. athletic rules, records, scoring tables, etc.

No. 246—*Athletic Training for Schoolboys*. This book is the most complete work of its kind yet attempted. The compiler is Geo. W. Orton, of the University of Pennsylvania, a famous athlete himself and who is well qualified to give instructions to the beginner. Each event in the intercollegiate programme is treated of separately, both in regards to method of training and form. By following the directions given, the young athlete will be sure to benefit himself without the danger of overworking, as many have done through ignorance, rendering themselves unfitted for their task when the day of competition arrived.

No. 249—*Official Handbook of the Public Schools Athletic League*. This is the official handbook of the Public Schools

Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools, and Wm. C. J. Kelly, secretary of the league. Illustrated.

No. 250—*Official Athletic Almanac*. Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. The only annual publication now issued that contains a complete list of amateur best-on-records; complete intercollegiate records; complete English records from 1866; swimming records; inter-scholastic records; Irish, Scotch and Australasian records; reports of leading athletic meets; skating records; important athletic events and numerous photos of individual athletes and leading athletic teams. Illustrated with pictures of the year's leading athletes.

No. 252—*How to Sprint*. This book gives a complete and detailed account of how to train for sprinting. Every schoolboy who aspires to be a sprinter can study this book to advantage and gain a great deal of useful knowledge. Illustrated with numerous photographs.

No. 255—*How to Run 100 Yards*. By J. W. Morton, the noted British champion. Written by Mr. Morton during his recent American trip, in 1905, especially for boys. Mr. Morton knows how to handle his subject, and his advice and directions for attaining speed will undoubtedly be of immense assistance to the great majority of boys who have to rely on printed instructions. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their worth. Illustrated with photographs of Mr. Morton in action, taken especially for this book in New York City.

No. 259—*Weight Throwing*. By James S. Mitchel, Champion American weight thrower, and holder of American, Irish, British and Canadian championships. Probably no other man in the world has had the varied and long experience of James S. Mitchel

in the weight throwing department of athletics. The book is written in an instructive way, and gives valuable information, not only for the novice, but for the expert as well. It is replete with lifelike illustrations of Champion John Flanagan throwing the hammer, Dennis Horgan, British and Irish champion shot putter, and others.

The price of each of the above books is ten cents, and they can be obtained generally from any newsdealer or from the publishers, American Sports Publishing Company, 21 Warren Street, New York.

In addition to the above special list, Spalding's Athletic Library contains books on every athletic subject. A complete list of same will be found in the last pages of this book.

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

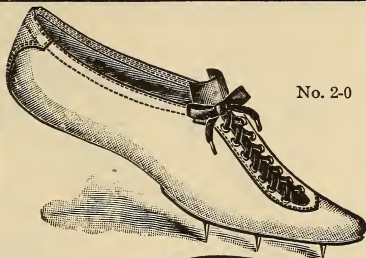
Running Shoes

=====
This Running Shoe is made of the finest Kangaroo Leather; extremely light and glove-fitting; best English steel spikes firmly riveted on.

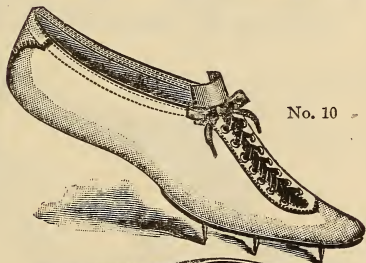
No. 2-0
Pair, \$5.50

=====
Finest Calfskin Running Shoe; light weight, hand-made, six spikes.

No. 10
Pair, \$4.50



No. 2-0



No. 10



Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address,

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia
Cincinnati

St. Louis
Baltimore
Denver
Montreal, Can.

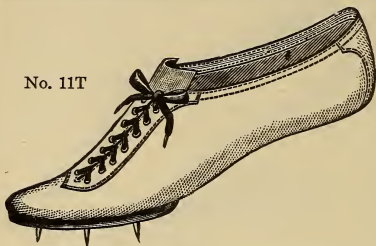
Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

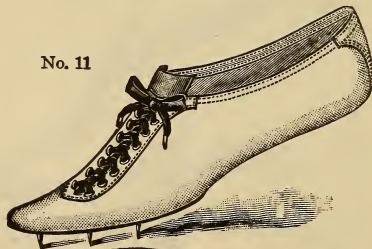
Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

No. 11T



No. 11



Running Shoes

Calfskin Running Shoe, machine made; solid leather tap sole holds spikes firmly in place.

No. 11T
Pair, \$4.00

Calfskin Running Shoe, machine made.

No. 11
Pair, \$3.00

Spalding's handsomely illustrated catalogue mailed free to any address

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

Cincinnati

St. Louis
Baltimore
Denver

Montreal, Can.

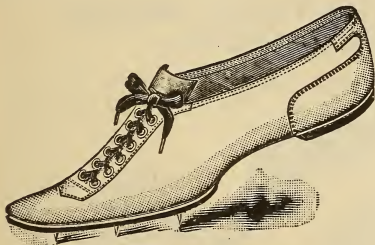
Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse

London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.



Cross Country Shoes

Finest Kangaroo leather; low broad heel, flexible shank, hand-sewed; six spikes on sole; with or without spikes on heel.

No. 14C.
Per pair, \$5.50



Jumping and Hurdling Shoes

Fine Kangaroo leather, hand made, specially stiffened sole, and spikes in heel, placed according to latest ideas, to assist jumper.

No. 14H.
Per pair, \$5.50

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

Cincinnati

St. Louis
Baltimore
Denver

Montreal, Can.

Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse

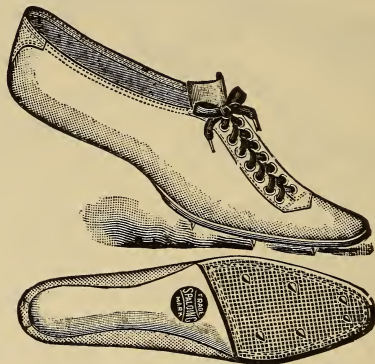
London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.

INDOOR RUNNING SHOES

Made With or Without Spikes.



Fine leather, rubber tipped sole, with spikes.

No. 111. Per pair, \$4.00

Leather shoe, rubber tipped, with spikes.

No. 112. Per pair, \$3.50

Leather shoe, rubber tipped, no spikes.

No. 114. Per pair, \$2.50

INDOOR JUMPING SHOES

Best leather Indoor Jumping Shoe, hand-made,
rubber soles.

No. 210. Per pair, \$5.00

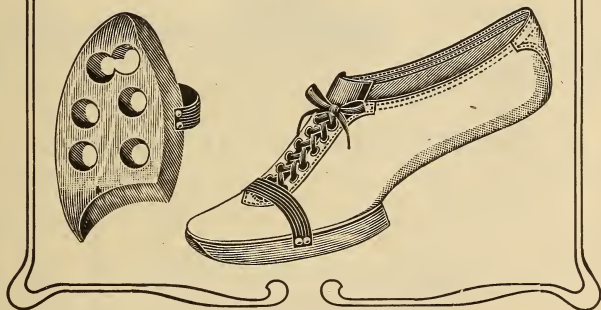
A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

PROTECTION FOR RUNNING SHOE SPIKES



MADE OF THICK WOOD, SHAPED
AND PERFORATED TO ACCOM-
MODATE SPIKES OF RUNNING
SHOES. A GREAT CONVENIENCE
FOR RUNNERS

No. N. . . . Per pair, 75c

A. G. SPALDING & BROS.

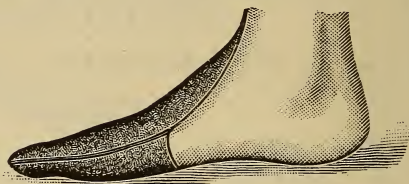
New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

CHAMOIS PUSHERS

Made of fine chamois skin and used with running, walking, jumping and other athletic shoes.



No. 5. Per pair, 25c.

COMPETITORS' NUMBERS

Printed on heavy Manila paper or strong linen.

			MANILA	LINEN
No. 1.	1 to 50.	Set,	\$.50	\$2.50
No. 2.	1 to 75.	"	.75	3.75
No. 3.	1 to 100.	"	1.00	5.00
No. 4.	1 to 150.	"	1.50	7.50
No. 5.	1 to 200.	"	2.00	10.00
No. 6.	1 to 250.	"	2.50	12.50



ATHLETIC GRIPS



Made of selected cork and shaped to fit the hollow of the hand.

No. 1. Per pair, 15c.

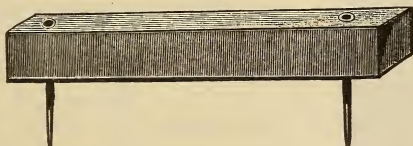
A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

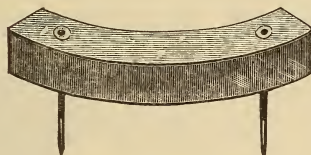
Take-off Board



The Take-off Board is used for the running broad jump and is a necessary adjunct to the athletic field. Regulation size, top painted white.

Each, **\$3.00**

Toe Board or Stop Board



The Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle.

Regulation size, painted white, substantially made.

Each, **\$3.50**

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati	Montreal, Can.			London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

SLEEVELESS SHIRTS



Best Worsted, full fashioned, stock colors and sizes.

No. 1E. . . Each, **\$3.00**

Cut Worsted, stock colors and sizes.

No. 600. . . Each, **\$1.25**

Mercerized Cotton, natural color and light blue only.

No. 6EM. . . Each, **\$1.00**

Other colors to order; prices on application.

Sanitary Cotton, stock colors and sizes.

No. 6E. Each, **50c.**

QUARTER SLEEVE SHIRTS

Best Worsted, full fashioned, stock colors and sizes.

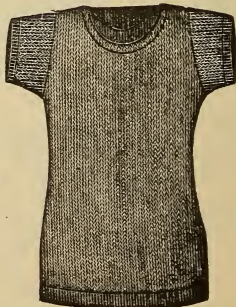
No. 1F. . . Each, **\$3.00**

Cut Worsted, stock colors and sizes.

No. 601. . . Each, **\$1.25**

Sanitary Cotton, stock colors and sizes.

No. 6F. . . Each, **50c.**



A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia
Cincinnati

St. Louis
Baltimore
Denver
Montreal, Can.

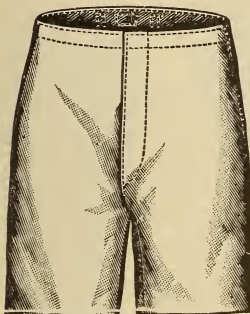
Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Running Pants



White or black Sateen, fly front, lace back.

No. 1.

Per pair, \$1.25

White or black Sateen, lace back, fly front.

No. 2.

Per pair; \$1.00

White or black Silesia fly front, lace back.

No. 3.

Per pair, 75c.

White or black Silesia, fly front, lace back.

No. 4.

Per pair, 50c.

Stripes down sides of any of these running pants,
25 cents per pair extra.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

Cincinnati

St. Louis
Baltimore
Denver

Montreal, Can.

Washington
Kansas City
Pittsburg

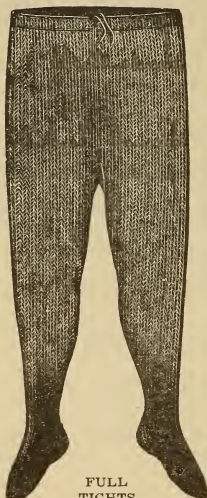
San Francisco
New Orleans
Syracuse

London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Full Length Tights and Trousers



FULL
TIGHTS

Full Tights, best worsted,
full fashioned, stock
colors and sizes.

No. 1A, Per pair, \$4.00

Full Tights, cut worsted,
stock colors and sizes.

No. 605. Per pair, \$2.00

Full Tights, cotton, full
quality. White, Black,
Flesh.

No. 3A. Per pair, \$1.00



REGULATION
Y. M. C. A. STYLE

Y. M. C. A. TROUSERS

Regulation Style

No. 4. Flannel, medium quality.	Per pair, \$1.75
No. 3. Flannel, good quality.	“ \$3.00

Spalding's handsomely illustrated catalogue
of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo
Cincinnati

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver
Montreal, Can.

Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

VELVET TRUNKS



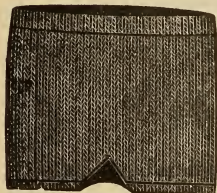
Fine Velvet. Colors: Black, Navy, Royal Blue, Maroon. Special colors to order.

No. 3. Each, **\$1.00**

Sateen, Black, White.

No. 4. Each, **50c.**

WORSTED TRUNKS



Best Worsted, Black, Maroon and Navy.

No. 1. . Per pair, **\$2.00**

Cut Worsted, Navy and Black.

No. 2. . Per pair, **\$1.00**

Special colors to order.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia
Cincinnati

St. Louis
Baltimore
Denver

Montreal, Can.

Washington
Kansas City
Pittsburg

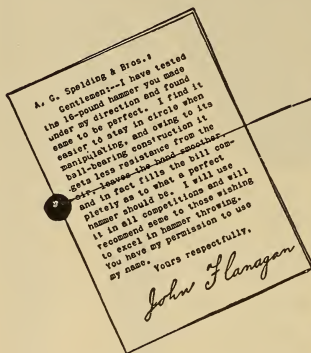
San Francisco
New Orleans
Syracuse
London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Spalding Championship Hammer

BALL-BEARING SWIVEL



THE SPALDING CHAMPIONSHIP Originally designed by **BALL-BEARING HAMMER.** signed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball-bearing construction will be quickly appreciated by all hammer throwers. Each hammer put up complete in sole leather carrying case.

No. 02.	12-lb., with sole leather case.	\$12.00
No. 06.	16-lb., with sole leather case.	12.00
No. 02X.	12-lb., without sole leather case.	10.00
No. 06X.	16-lb., without sole leather case.	10.00

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.

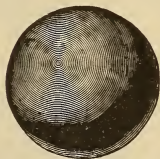
Spalding's New Regulation Hammer With Wire Handle

<i>Lead</i>	EACH
No. 9. 12-lb., Lead, Practice,	\$4.25
No. 10. 16-lb., Lead, Regulation,	4.50

<i>Iron</i>	EACH
No. 12. 8-lb., Iron, Juvenile,	\$2.50
No. 14. 12-lb., Iron, Practice,	3.00
No. 15. 16-lb., Iron, Regulation,	3.25

<i>Extra Wire Handles</i>	EACH
No. 6H. For above hammers,	50c.

Shot



No. 19.	16-lb., Lead.	Each, \$2.50
No. 21.	12-lb., Lead.	" 2.25
No. 23.	16-lb., Iron.	" 1.75
No. 25.	12-lb., Iron.	" 1.50
No. 18.	8-lb., Iron.	" 1.25



A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati		Montreal, Can.		London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's fair.



Indoor Shot

With our improved leather cover.
Does not lose weight even when
used constantly.

No. 3. 12-lb. Indoor Shot. Each, \$7.00

No. 4. 16-lb. Indoor Shot. . . . " 7.50

No. 26. 8-lb. Indoor Shot. . . . " 5.00

Regulation 56-lb. Weights

Made after model
submitted by Cham-
pion J. S. Mitchel,
and endorsed by all
weight throwers.
Packed in box and
guaranteed correct
in weight and in ex-
act accordance with
rules of A. A. U.

No. 2

Lead 56-lb. Weights
Complete, \$10.00



A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia
Cincinnati

St. Louis
Baltimore
Denver
Montreal, Can.

Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

Special Award and Grand Prize

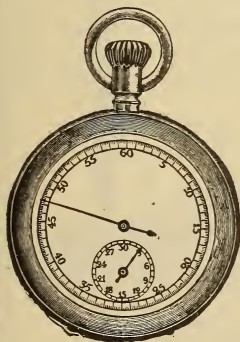
were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

7-Foot Circle



The discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

Each, **\$10.00**



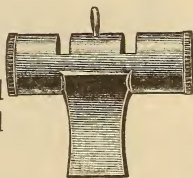
Stop Watch

Stop Watch, stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back, engaging and disengaging mechanism.

Each, **\$7.50**

Referees' Whistles

Nickel-plated whistle, well made.



No. 1



No. 2

No. 1. Each, **25c.**

Very reliable. Popular design.
No. 2. Each, **25c.**

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia
Cincinnati

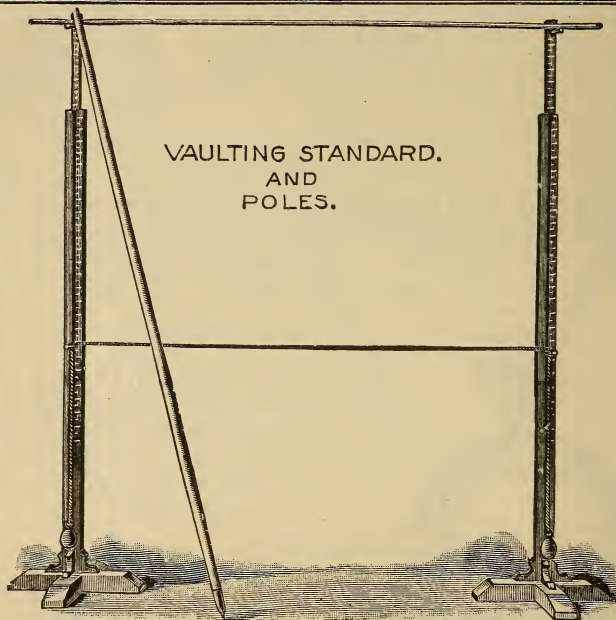
St. Louis
Baltimore
Denver
Montreal, Can.

Washington
Kansas City
Pittsburg
London, England

San Francisco
New Orleans
Syracuse

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.



VAULTING STANDARD.
AND
POLES.

Vaulting Standards

- No. 109. Wooden uprights, graduated in quarter inches, adjustable to 12 feet. Complete, \$15.00
- No. 110. Wooden uprights, inch graduations, adjustable to 10 feet, \$10.00
- No. 111. Wooden uprights, inch graduations, 7 feet high. . 7.50

Cross Bars

- No. 112. Hickory. . . Per doz., \$3.00

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Washington	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Denver	Pittsburg	Syracuse
Cincinnati	Montreal, Can.		London, England	

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Vaulting Poles — Selected Spruce

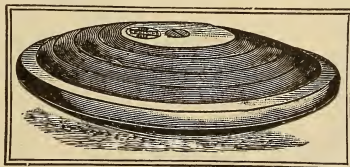
No. 100.	8 feet long, solid.	. Each, \$3.00
No. 101.	10 feet long, solid.	. “ 4.00
No. 102.	12 feet long, solid.	. “ 5.00
No. 103.	14 feet long, solid.	. “ 6.00

Hollow Spruce Poles

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow.	. Each, \$8.00
No. 201.	10 feet long, hollow.	. “ 8.50
No. 202.	12 feet long, hollow.	. “ 9.00
No. 203.	14 feet long, hollow.	. “ 9.50

Spalding's Olympic Discus



An exact reproduction of the discus used in the Olympic games at Athens, Greece, by Robert Garrett, of Princeton, the winner. Sealed in box and guaranteed absolutely correct.

Each, \$5.00

A. G. SPALDING & BROS.

New York Chicago
Boston Minneapolis
Buffalo Philadelphia
Cincinnati

St. Louis
Baltimore
Denver
Montreal, Can.

Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

Spalding Gymnasium Shoes

Horsehide sole; soft and flexible; in ladies' and men's sizes.

No. 155. Pair, \$4.00

Kangaroo; elkskin sole, extra light, hand made.

No. 15. Pair, \$4.50



High cut, best grade canvas shoe, white rubber sole; in ladies' and men's sizes; men's made of white canvas, ladies' black.

No. 1H. Pair, \$1.50

High cut canvas shoe, rubber sole.

No. M. Pair, \$1.00

A. G. SPALDING & BROS.,

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

Cincinnati

St. Louis
Baltimore
Denver

Montreal, Can.

Washington
Kansas City
Pittsburg

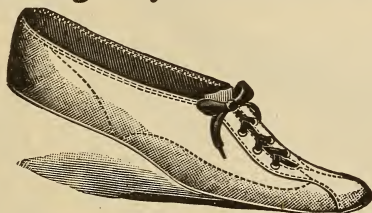
San Francisco
New Orleans
Syracuse

London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

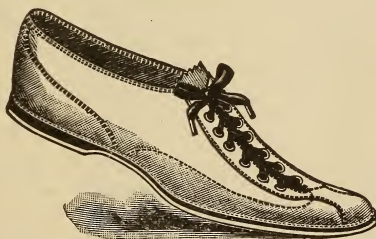
Spalding Gymnasium Shoes



Selected leather, electric sole. A very easy and flexible shoe.

No. **20**. Low Cut. Per pair, **\$1.50**

No. **21**. High Cut. " **2.00**



Low cut shoe, selected leather, extra light and elkskin sole; in ladies' and men's sizes.

No. **166**. Per pair, **\$3.00**

A. G. SPALDING & BROS.

New York
Boston
Buffalo
Cincinnati

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver
Montreal, Can.

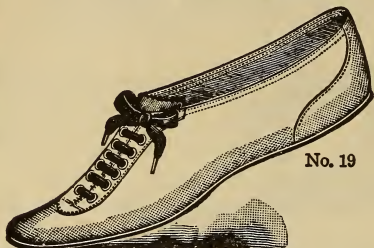
Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

Special Award and Grand Prize

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus and Athletic Supplies shown at the World's Fair.

GYMNASIUM SHOES



No. 19

Low cut shoe, good quality black leather, with elkskin sole and corrugated rubber heel; very light and well made.

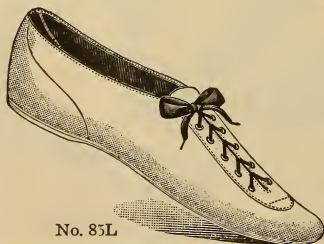
No. 90.

Per pair, \$2.50

For ladies; otherwise same as No. 90.

No. 90L.

Per pair, \$2.50



No. 85L

Fine horsehide low cut shoe, flexible sole, roughened to prevent slipping; very light and comfortable.

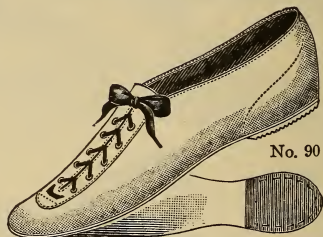
No. 19.

Per pair, \$2.00

For ladies; otherwise same as No. 19.

No. 19L.

Per pair, \$2.00



No. 90

Special ladies' low cut shoe, selected black leather with roughened elkskin sole.

No. 85L.

Per pair, \$2.00

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo
Cincinnati

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver
Montreal, Can.

Washington
Kansas City
Pittsburg

San Francisco
New Orleans
Syracuse
London, England

A SPECIAL AWARD ^{AND} GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

Durand-Steel Lockers

Lockers that Last

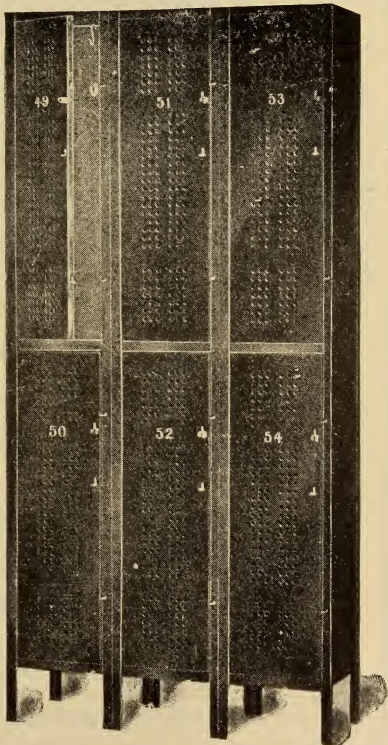
Fire-proof

Sanitary

Handome
in Appearance

Easily Erected

And but little more
expensive than a
good wooden
locker



CHURCHILL & SPALDING

464-478 Carroll Ave.

CHICAGO, ILL.

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

SPALDING CHEST WEIGHT No. 2

(See illustration on opposite page)

An ideal machine for home use. Well made and easy running. Rods are $\frac{3}{8}$ inch coppered spring steel; bearings are hardened steel cone points, running in soft gray iron, noiseless and durable. Weight carriage packed with felt, good for long wear, but easily removed and replaced when necessary without the use of glue or wedges of any kind. Weight carriage strikes on rubber bumpers. Weights are 5 pound iron dumb bells, one to each carriage, and may be removed and used as dumb bells if desired. Wall and floor boards are hard wood, nicely finished and stained. All castings heavily japanned. Every part of machine guaranteed free of defect.

No. 2. Each, \$5.00

SPALDING CHEST WEIGHT No. 4

Same type and general design as No. 2, but rods are of larger diameter and both rods and wheels are polished and nickel-plated. This machine is a decidedly neat and attractive piece of apparatus for the home and is well worth the additional cost.

No. 4. Each, \$7.00

HEAD ATTACHMENT

Ready for use by simply snapping to one of the handles. Each, \$1.00

FOOT GEAR ATTACHMENT

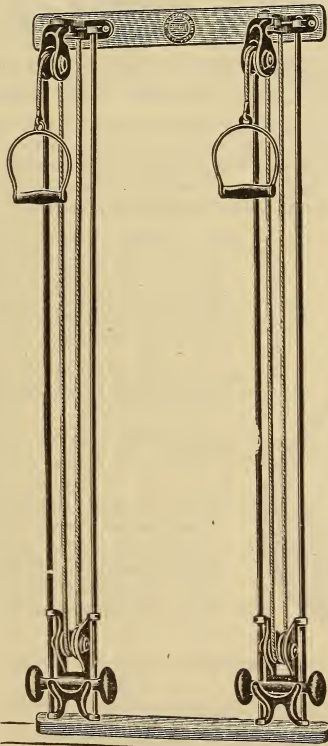
Readily attached to handle; can be worn with or without shoe. Each, \$1.00

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
	Montreal, Can.		London, England	Cincinnati

A SPECIAL AWARD ^{AND} A GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.



**Spalding
Chest
Weight
No. 2**

See
Description
on
Opposite
Page

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
	Montreal, Can.		London, England	Cincinnati

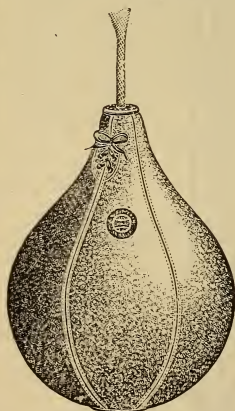
A SPECIAL AWARD ^{AND} GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

The Spalding Striking Bags

The Bladders used in all our Striking Bags are made of pure Para Rubber and are Fully Guaranteed

All our single end bags are made with solid leather top, through center of which rope passes, making them the most certain in action of. Laces on side at top, so that the bladder can be inflated without interfering with rope. Each bag is most carefully inspected and then packed complete in box with bladder, lace and rope.



No. 19. Made of highest quality Patna kid, the lightest and strongest of leather. Sewed with linen thread, double stitched and red welted seams. Especially suitable for exhibition work, and a very fast bag. . . . Each, \$7.00

No. 19S. Same material as in No. 19, but furnished with special light bladder and weighs only 7-oz. complete. The fastest bag made, but very strong and durable. . . . Each, \$7.00

No. 18. The "Fitzsimmons Special." Made of finest selected olive Napa tanned leather, extra well made; double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. . . . Each, \$5.00

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. . . . Each, \$5.00

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
	Montreal, Can.		London, England	Cincinnati

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

The Spalding Striking Bags

The Bladaers used in all our Striking Bags are made of pure Para Rubber and are Fully Guaranteed

All our single end bags are made with solid leather top, through center of which rope passes, making them the most certain in action of any. Laces on side at top, so that the bladder can be inflated without interfering with rope. Each bag is most carefully inspected and then packed complete in box with bladder, lace and rope.

- No. 20. Made of finest selected calfskin, double stitched, red welted seams and reinforced throughout. Very fast and a durable bag for gymnasium use. Each, \$5.50
- No. 12. Made of olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each, \$4.00
- No. 10. Made of specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Well made in every particular. Each, \$3.00
- No. 17. Made of fine craven tanned leather, well finished; double stitched, red welted seams and reinforced throughout. A good all around bag. Each, \$2.50
- No. 16. Made of extra fine grain leather; full size and lined throughout. Each, \$2.00
- No. 15. Made of olive tanned leather; full size and lined throughout; red welted seams. Each, \$1.50
- No. 14. Good quality brown leather; lined throughout. " 1.00

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
	Montreal, Can.		London, England	Cincinnati

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

The Spalding Disk Platform

PATENTED APRIL 19, 1904



CAN be put up in a very small space and taken down quickly when not in use by simply detaching the curved fixture from the wall plate.

The metal disk against which the bag strikes constitutes one of the best features ever incorporated in an arrangement of this character, rendering it almost noiseless and very quick in action.

Suitable particularly for the home, and very useful to professional and business men who find a little exercise necessary to keep in condition.

No. Y. Complete with Bag, \$5.00

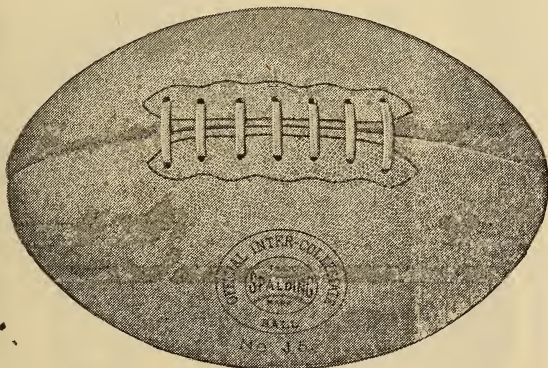
A. G. SPALDING & BROS.

New York Chicago St. Louis Denver San Francisco
Boston Minneapolis Baltimore Kansas City New Orleans
Buffalo Philadelphia Washington Pittsburg Syracuse Cincinnati
Montreal, Can. London, England

A SPECIAL AWARD AND A GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

The Spalding Official Intercollegiate Foot Ball



WE have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished and nickel-plated brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively by all the leading universities, colleges and athletic associations without exception.

No. J5. Complete, \$4.00

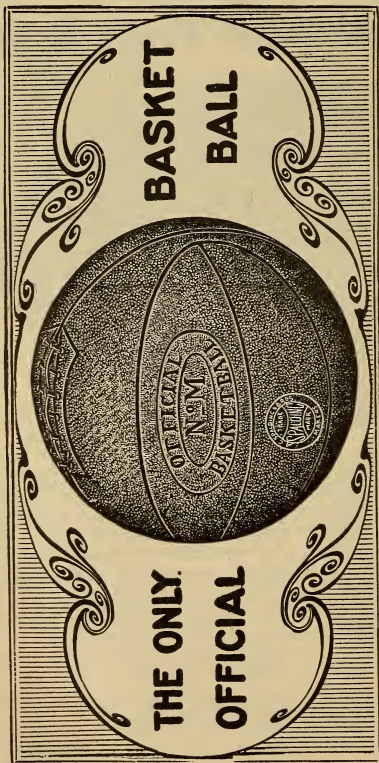
A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse
		Cincinnati		
		Montreal, Can.		London, England

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

THE SPALDING "OFFICIAL" BASKET BALL



Extract from Official Rule Book

RULE II.—BALL

SEC. 3. The ball made by A. G. Spalding & Bros. shall be the official ball.

SEC. 4. The official ball must be used in all match games.

Extract from Official Rule Book

RULE III.—BASKETS.

SEC. 4. The baskets made by A. G. Spalding & Bros. shall be the official baskets.

SEC. 5. The official baskets must be used in all match games.



No. M. "Official" Basket Ball. Each, \$5.00

A SPECIAL AWARD ^{AND} GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

Spalding "Official" Association Foot Ball

*An Association Foot Ball that
Is Right in Every Particular*



Made in the improved style with eight sections and "black button" ends. This constitutes strongest construction known for a round ball. It is made of special English grain leather and in every way conforms to the balls used by the best

teams on the other side. Each ball is packed complete with a pure Para rubber guaranteed bladder, a foot ball inflater, rawhide lace, and a lacing needle in sealed box, and contents guaranteed perfect if seal is unbroken.

**No. H. "Official" Association Foot Ball
\$4.00**

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
	Montreal, Can.		London, England	

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.

THE SPALDING "HIGHEST QUALITY" SWEATERS



Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference

in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. AA. Particularly suitable for foot ball and skating. Heaviest sweater made. Each, \$7.00

No. A. "Intercollegiate" special weight. " 6.00

No. B. Heavy weight. " 5.00

No. C. Standard weight. " 4.00

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal. Other colors to order. Prices on application. All made with 10-inch collars; sizes 28 to 44 inches.

Send for Spalding's Complete Catalogue of all Athletic Sports.

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
	Montreal, Can.		London, England	

A SPECIAL AWARD AND GRAND PRIZE

were won by A. G. SPALDING & BROS. at the Louisiana Purchase Exposition, 1904, for the best, most complete and most attractive installation of Gymnastic Apparatus, Base Ball and Athletic Supplies shown at the World's Fair.



THE SPALDING OFFICIAL LEAGUE BALL

Used exclusively by the National League, Minor Leagues, and by all Intercollegiate and other Associations for over a quarter of a century. Each ball wrapped in tinfoil and put in a separate box, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game when used under ordinary conditions.

Each, \$1.25

A. G. SPALDING & BROS.

New York	Chicago	St. Louis	Denver	San Francisco
Boston	Minneapolis	Baltimore	Kansas City	New Orleans
Buffalo	Philadelphia	Washington	Pittsburg	Syracuse Cincinnati
Montreal, Can.			London, England	

SPALDING'S ATHLETIC LIBRARY

Spalding's Athletic Library is devoted to all athletic sports and pastimes, indoor and outdoor, and is the recognized American cyclopedia of sport. Each book is complete in itself; and those sports which are governed by National Associations always designate Spalding's Athletic Library as the official publication. This gives to each book the official authority to contain the rules. Each year the books are brought up to date, with the latest rules, new ideas, new pictures and valuable information, thus making the series the most valuable of its kind in the world. The price, 10 cents per copy, places them in the reach of all, and no one's library can be complete unless all numbers are found therein.



No. 13—How to Play Hand Ball

By the world's champion, Michael Egan, of Jersey City. This book has been rewritten and brought up to date in every particular. Every play is thoroughly explained by text and diagram. The numerous illustrations consist of full pages made from photographs of Champion Egan in action. Price 10 cents.



No. 14—Curling

A short history of this famous Scottish pastime, with instructions for play, rules of the game, definitions of terms and diagrams of different shots. Price 10 cents.



No. 23—Canoeing

By C. Bowyer Vaux. Paddling, sailing, cruising and racing canoes and their uses; with hints on rig and management; the choice of a canoe; sailing canoes; racing regulations; canoeing and camping. Fully illustrated. Price 10 cents.



No. 27—College Athletics

M. C. Murphy, the well-known athletic trainer, now with Pennsylvania, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles: Training, starting, sprinting; how to train for the quarter, half,

mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; throwing the hammer. It is profusely illustrated with pictures of leading athletes, and has been revised for the season of 1906. Price 10 cents.



No. 29—Exercising With Pulley Weights

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium, Anderson Normal School, Chautauqua University. In conjunction with a chest machine, anyone with this book can become perfectly developed. Contains all

the various movements necessary to become proficient and of well-developed physique. Price 10 cents.



No. 55—Official Sporting Rules

Contains rules not found in other publications for the government of many sports; rules for wrestling, cross-country running, shuffleboard, skating, snowshoeing, quoits, potato racing, professional racing, racquets, pigeon flying, dog

racing, pistol and revolver shooting. Price 10 cents.



No. 87—Athletic Primer

Edited by James E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union; tells how to organize an athletic club; how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on

training; fully illustrated with pictures of leading athletes in action. Price 10 cents.



No. 102—Ground Tumbling

By Prof. Henry Walter Worth, who was for years physical director of the Armour Institute of Technology. Any boy, by reading this book and following the instructions, which are drawn from life, can become a proficient tumbler; all the various tricks explained. Price 10 cents.



No. 104—The Grading of Gymnastic Exercises

By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise. The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises, examinations, college and school work; calisthenic exercises, graded apparatus exercises and general massed class exercises. Nearly 200 pages. Price 10 cents.



No. 124—How to Become a Gymnast

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.



No. 128—How to Row

By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Contains also the official laws of boat racing. Price 10 cents.



No. 129—Water Polo

By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.



No. 138—Official Croquet Guide

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.



No. 140—Wrestling

Catch as catch can style. By E. H. Hitchcock, M. D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially, and so described that anybody who desires to become expert in wrestling can, with little effort, learn every one. Price 10 cents.



No. 142—Physical Training Simplified

By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for

both sexes. The exercises comprise directions as follows: how to stand; how to sit; how to rest; breathing; exercises for the fingers, wrists, elbows, shoulders, neck, hips, knees, ankles; a word about the muscles; the arms and thighs; shoulders and chest; waist; sides; back and abdomen; bowing; bending; twisting; the liver squeezer, etc., etc. Fully illustrated. Price 10 cents.



No. 143—Indian Clubs and Dumb-bells

Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.



No. 149—The Care of the Body

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating; diet—various opin-

ions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food: why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes bread, butter, water; germs of disease; etc. Price 10 cents.



No. 154—Field Hockey

To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. The game is prominent in the sports at Vassar, Smith, Wellesley, Bryn Mawr and

other leading colleges. Price 10 cents.



No. 156—The Athlete's Guide

How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules

and their explanations, while the pictures comprise many scenes showing champions in action. Price 10 cents.



No. 157—How to Play Lawn Tennis

A complete description of lawn tennis; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs

of leading players in action. Price 10 cents.



No. 158—Indoor and Outdoor Gymnastic Games

Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. A. C. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums,

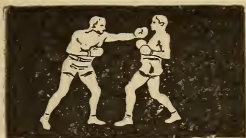
schools, outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups. Price 10 cents.



No. 161—Ten Minutes' Exercise for Busy Men

By Dr. Luther Halsey Gulick, Director of Physical Training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten

minutes' work as directed is exercise anyone can follow. It already has had a large sale and has been highly commended by all who have followed its instructions. Nearly 100 pages of illustrations and 100 of text. Price 10 cents.



No. 162-Boxing Guide

For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of a well-known instructor of boxing, who makes a specialty of teaching and knows how to impart his knowledge. They are so arranged that anyone can easily become proficient. A partial list of the contents include: The correct position; clenching the fist; gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows; chin punch; the blow under the ear; the famous solar plexus knock-out; the heart blow; famous blows and their originators; Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm; left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin; the side step, etc., etc.; hints on training, diet and breathing; how to train; rules for boxing. Price 10 cents.



No. 165-The Art of Fencing

This is a new book by Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Messrs. Senac give in detail how every move should be made, and tell it so clearly that anyone can follow the instructions. It is illustrated with sixty full page pictures, posed especially for this book. Price 10 cents.



No. 166-How to Swing Indian Clubs

By Prof. E. B. Warman, the well-known exponent of physical culture. By following the directions carefully anyone can become an expert. Price 10 cents.



No. 167-Quoits

By M. W. Deshong. The need of a book on this interesting game has been felt by many who wished to know the fine points and tricks used by the experts. Mr. Deshong explains them, with illustrations, so that a novice can readily understand. Price 10 cents.



No. 170-Push Ball

Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.



served when preparing for a contest. Illustrated with numerous pictures of leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.

No. 174—Distance and Cross Country Running

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training and schedules to be ob-



No. 177—How to Swim

By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for

the beginner, which is illustrated by many drawings. The contents comprise: A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes—over-arm side stroke; double over-arm or "trudgeon" stroke; touching and turning; training for racing; ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back; amateur swimming rules; amateur plunging rules.. Price 10 cents.



No. 178—How to Train for Bicycling

Gives methods of the best riders when training for long or short distance races; hints on training. Revised and up-to-date in every particular. Price 10 cents.



No. 180—Ring Hockey

A new game for the gymnasium, invented by Dr. J. M. Vorhees of Pratt Institute, Brooklyn, that has sprung into instant popularity; as exciting as basket ball. This book contains official rules. Price 10 cents.



No. 182—All-Around Athletics

Gives in full the method of scoring the All-Around Championship, giving percentage tables showing what each man receives for each performance in each of the ten events. It contains as well instructive articles on how to train for the All-Around Championship. Illustrated

with many pictures of champions in action and scenes at all-around meets. Price 10 cents.



No. 185-Health Hints

A series of articles by Prof. E. B. Warman, the well known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise, who needs it? Price 10 cents.



No. 188-Lawn Hockey, Tether Tennis, Golf Croquet, Volley Ball, Hand Tennis, Garden Hockey, Parlor Hockey, Badminton

Containing the rules for each game. Illustrated. Price 10 cents.



No. 189-Rules for Games

Compiled by Jessie H. Bancroft, director of physical training, department of education, New York City. These games are intended for use at recesses, and all but the team games have been adapted to large classes. Suitable for children from three to eight years, and include a great variety, divided under the general heads of ball

games, bean bag games, circle games, singing and miscellaneous games. Price 10 cents.



No. 191-How to Punch the Bag

By W. H. Rothwell ("Young Corbett"). This book is undoubtedly the best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained. The pictures comprise thirty-three full page reproductions of Young Corbett as he appears while at work in his training quarters. The photographs were taken by our special artist and cannot be seen in any other publication. Fancy bag punching is treated by a well known theatrical bag puncher, who shows the latest tricks. Price 10 cents.



No. 193—How to Play Basket Ball

By G. T. Hepbron, editor of the Official Basket Ball Guide. Contains full instructions for players, both for the expert and the novice, duties of officials, and specially posed full page pictures showing the correct and incorrect methods of playing.

The demand for a book of this character is fully satisfied in this publication, as many points are included which could not be incorporated in the annual publication of the Basket Ball Guide for want of room. Price 10 cents.



No. 194—Racquets, Squash-Racquets and Court Tennis

The need of an authoritative handbook at a popular price on these games is filled by this book. How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains

the official rules for each game, with photographs of well known courts. Price 10 cents.



No. 195—Official Roque Guide

The official publication of the National Roque Association of America. Edited by Prof. Charles Jacobus, ex-champion. Contains a description of the courts and their construction, diagrams of the field, illustrations, rules and valuable information concerning the game of roque. Price 10 cents.



No. 199—Equestrian Polo Guide

Compiled by H. L. FitzPatrick of the New York Sun. Illustrated with portraits of leading players and contains most useful information for polo players in relation to playing the game, choosing of equipment and mounts; contains the official rules and

handicaps of the National Association. Price 10 cents.



No. 200—Dumb-Bells

This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, was formerly superintendent of physical culture in the Elizabeth (N.J.) public schools, instructor at Columbia University (New York), instructor for four years at the Columbia

summer school, and is now proprietor of the Park Place Gymnasium, at 14 Park Place, New York City. The book contains 200 photographs of all the various exercises, with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise as well. Price 10 cents.



No. 201—Lacrosse—From Candidate to Team

By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abercrombie, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904.

Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.



No. 202—How to Play Base Ball

Edited by T. H. Murnane. New and revised edition. Contents: How to become a batter, by Napoleon Lajoie, James Collins, Hugh Jennings and Jesse Tannehill; how to run the bases, by Jack Doyle and Frank L. Chance; advice to base runners, by

James E. Sullivan, Sec.-Treas. A.A.U.; how to become a good pitcher, by Cy Young, "Rube" Waddell and Bert Cunningham; on curve pitching, by Cy Young, James J. Callahan, Frank Donahue, Vic Willis, William Dineen and Charley Nichols; how to become a good catcher, by Eddie Phelps, William Sullivan and M. J. Kittridge; how to play first base, by Hugh Jennings; how to play second base, by Napoleon Lajoie and William Gleason; how to play third base, by James Collins and Lave Cross; how to play shortstop, by Herman Long; how to play the infield, by Charles A. Comiskey; how to play the outfield, by Fred Clarke; the earmarks of a ball player, by John J. McGraw; good advice for players; how to organize a team; how to manage a team; how to score a game; how to umpire a game; base ball rules interpreted for boys. Price 10 cents.



No. 207—Bowling on the Green; or, Lawn Bowls

How to construct a green; necessary equipment; how to play the game, and the official rules as promulgated by the Scottish Bowling Association. Edited by Mr. James W. Greig. Illustrated. Price 10 cents.



No. 208—Physical Education and Hygiene

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261), and a glance at the contents shows the variety of subjects: Chapter I—Basic principles; longevity. Chapter II—Hints on eating; food values:

the uses of salt. Chapter III—Medicinal value of certain foods. Chapter IV—The efficacy of sugar; sugar, food for muscular work; eating for strength and endurance; fish as brain food; food for the children. Chapter V—Digestibility; bread; appendicitis due to flour. Chapter VI—Hints on drinking—Water, milk, butter-milk, tea, coffee; how to remain young. Chapter VII—Hints on bathing; cold, hot, warm, tepid, salt, sun, air, Russian, Turkish, cabinet. Chapter VIII—Hints on breathing; breathlessness, heart strain, second wind, yawning, the art of yogi. Price 10 cents.



No. 209—How to Become a Skater

Contains advice for beginners; how to become a figure skater thoroughly explained, with many diagrams showing how to do all the different tricks of the best figure skaters, including the Mo-

hawk, with all its variations; Q's, forward and backward, inside and outside; the crosscuts, including the difficult Swedish style; inside and outside spins; the grapevine, with its numerous branches, and many other styles, which will be comparatively simple to any one who follows the directions given. Profusely illustrated with pictures of prominent skaters and numerous diagrams. Price 10 cents



No. 213-285 Health Answers

Contents: Necessity for exercise in the summer; three rules for bicycling; when going up-hill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; drinking ice water; to

cure insomnia; asleep in two minutes; for those who ride wheels; summer outdoor exercise; profuse perspiration; danger of checking perspiration; dress, hot weather, etc., etc. Price 10 cents.



No. 214—Graded Calisthenics and Dumb-Bell Drills

By Albert B. Wegener, Physical Director Y. M. C. A., Rochester, N. Y. Ever since graded apparatus work has been used in gymnastics, the necessity of having a mass drill that would harmonize with it has been felt. For years it has been the established

custom in most gymnasiums of memorizing a set drill, never varied from one year's end to the other; consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.



No. 217—Olympic Handbook

Compiled by J. E. Sullivan, Chief Department Physical Culture, Louisiana Purchase Exposition, and Director Olympic Games, 1904. Contains a complete report of the Olympic Games of 1904, with list of records and pictures of hundreds of athletes; also reports of the games of 1896 and 1900. Price 10 cents.



No. 219—Base Ball Percentage Book

To supply a demand for a book which would show the percentage of clubs without recourse to the arduous work of figuring, the publishers of Spalding's Athletic Library have had Mr. John B. Foster, sporting editor of the New York Evening

Telegram, compile a book which answers every requirement, and which has met with the greatest praise for its accuracy and simplicity. No follower of the game can afford to be without it. Price 10 cents.

An Encyclopedia of Base Ball

Attention is called to the following ten numbers of Spalding's Athletic Library, embracing the greatest collection of books of instruction for playing the various positions in the game that has ever been published. These books are entirely new and up-to-date, and contain the latest methods of play. Each number is complete in itself and is profusely illustrated. Be sure and ask for Spalding's Athletic Library. For detailed description see following numbers:



No. 223—How to Bat

The most important part of ball playing nowadays, outside of pitching, is batting. The team that can bat and has some good pitchers can win base ball games; therefore, every boy and young man who has, of course, already learned to catch, should turn his attention to this department of the

game, and there is no better way of becoming proficient than by reading this book and then constantly practising the little tricks explained therein. It is full of good advice to batsmen, and many good batters will be surprised to find contained in it so many points of which they were unaware. Edited by Jesse F. Matteson of the Chicago American, and profusely illustrated. Price 10 cents.



No. 224—How to Play the Outfield

Compiled especially for the young player who would become an expert. The best book on playing the outfield that has ever been published. There are just as many tricks to be learned, before a player can be a competent fielder, as there are in any

other position on a nine, and this book explains them all. Illustrated with numerous page pictures of leading outfielders. Price 10 cents.

No. 225—How to Play First Base



No other position on a ball team has shown such a change for the better in recent years as first base. Modifications in line with the betterment of the sport in every department have been made at intervals, but in no other department have they been so radical. No boy who plays the initial sack can afford to overlook the points and hints contained in this book. Entirely

new and up to date. Illustrated with full page pictures of all the prominent first basemen. Price 10 cents.

No. 226—How to Play Second Base



There are so few men who can cover second base to perfection that their names can easily be called off by anyone who follows the game of base ball. Team owners who possess such players would not part with them for thousands of dollars. These men have been interviewed and their ideas incorporated in this book for the especial benefit of boys who want to know the fine points of play at this point of the diamond. Illustrated with full page pictures. Edited by J. E. Wray, sporting editor St. Louis Globe-Democrat, Price 10 cents.

No. 227—How to Play Third Base



Third base is, in some respects, the most important of the infield. No major league team has ever won a pennant without a great third baseman. Collins of the Boston Americans and Leach of Pittsburg are two of the greatest third basemen the game has ever seen, and their teams owe much of the credit for pennants they have won to them. These men in this book describe just how they play the position. Everything a player should know is clearly set forth and any boy will surely increase his chances of success by a careful reading of this book. Illustrated. Price 10 cents.



No. 228—How to Play Short-stop

Shortstop is one of the hardest positions on the infield to fill, and quick thought and quick action are necessary for a player who expects to make good as a shortstop. The views of every well known player who covers this position have been sought in compiling this book, and it is offered as being the most complete book of its class ever produced. The boy who would excel at short needs to study it thoroughly. Illustrated. Price 10 cents.



No. 229—How to Catch

Undoubtedly the best book on catching that has yet been published. Every boy who has hopes of being a clever catcher should read how well known players cover their position. Among the more noted ones who describe their methods of play in this book are Lou Criger of the Boston Americans, Johnnie Kling of the St. Louis Browns. The numerous pictures in the book comprise those of all the noted catchers in the big leagues. Price 10 cents.

No. 230—How to Pitch



A new, up-to-date book. Published for the first time this year. No boy can afford to be without a copy of it. Edited by J. B. Foster of the Evening Telegram (New York). The object of this book is to aid the beginners who aspire to become clever twirlers, and its contents are the practical teaching of men who have reached the top as pitchers, and who have had experience,

both as members of the best clubs playing base ball and as contenders against teams that have enjoyed national reputations. Price 10 cents.

No. 231—How to Coach; How to Captain a Team; How to Manage a Team; How to Umpire: How to Organize a League



A useful guide to all who are interested in the above subjects. Jimmy Collins, manager-captain of the Boston Americans, writes on coaching; M. J. Kelly of the St. Paul champions, on captaining; Al Buckenberger of the Rochester team, on managing; Frank Dwyer of the American League staff, on umpiring; Fred Lake on minor leagues, and the editor of the book,

T. H. Murnane, President of the New England League, on how to organize a league. Price 10 cents.

No. 232—How to Run the Bases



The importance of base running as a scientific feature of the national game is becoming more and more recognized each year. Besides being spectacular, feats of base stealing nearly always figure in the winning of a game. Many a close contest is decided on the winning of that little strip of 90 feet which lies between cushions. When hits are few and the enemy's pitchers

steady, it becomes incumbent on the opposing team to get around the bases in some manner. Effective stealing not only increases the effectiveness of the team by advancing its runners without wasting hits, but it serves to materially disconcert the enemy and frequently has caused an entire opposing club to temporarily lose its poise and throw away the game. This book gives clear and concise directions for excelling as a base runner; tells when to run and when not to do so; how and when to slide; team work on the bases; in fact, every point of the game is thoroughly explained. In addition such clever men as Harry Bay, the fleet footed Clevelander; Frank Chance, Bill Dahlen and Hans Wagner describe their methods of action. Illustrated with pictures of leading players. Price 10 cents.

No. 233—Jiu Jitsu



A complete description of this famous Japanese system of self-defence. Each move thoroughly explained and illustrated with numerous full page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Be sure and ask for the Spalding

Athletic Library book on Jiu Jitsu. Price 10 cents.

No. 234—School Tactics and Maze Running

A series of drills for the use of schools. Edited by Dr. Luther Falsey Gulick, Director of Physical Training in the New York public schools. Price 10 cents.



No. 236—How to Wrestle

Without question the most complete and up-to-date book on wrestling that has ever been printed. Edited by F. R. Toombs, and devoted principally to special poses and illustrations by Georges Hackenschmidt, the "Russian Lion." It shows the champion in many poses, and also contains a special article on "Training," in which he gives good advice to

beginners. The book also contains in addition many full pages of poses by Tom Jenkins and other famous wrestlers. Besides showing accurately how to secure each hold and fall, the book also contains interesting articles on training, and the official rules for all styles of wrestling. Be sure to ask for the Spalding Athletic Library book "How to Wrestle." Price 10 cents.



No. 237 — Association Foot Ball

A complete and up-to-date guide to the "Socker" game in the United States, containing instructions for playing the game, official rules, and interesting news from all parts of the country. Illustrated with numerous pictures of leading teams. Price 10 cents.



No. 238—Muscle Building

By Dr. L. H. Gulick, Director of Physical Training in the New York public schools. A complete treatise on the correct method of acquiring muscular strength. Illustrated with numerous full page engravings. Price 10 cents.

No. 239—Official Intercollegiate A.A.A. Handbook



college, and list of officers of the association from 1889 to 1905, inclusive. To anyone interested the book is invaluable as a record. Price 10 cents.

Contains constitution, by-laws, laws of athletics, and rules to govern the awarding of the championship cup of the Intercollegiate Athletic Association of Amateur Athletes of America, the governing body in college athletics. Contains official intercollegiate records from 1876 to 1905, with the winner's name and time in each event, list of points won by each



No. 240—Spalding's Official Foot Ball Guide

Edited by Walter Camp. Contains the official rules, with diagram of field; All-America teams as selected by leading authorities; reviews of the game from various sections of the country; scores of all the leading teams; records of special matches; schedules; forecast for the season, and pictures of all the prominent teams, embracing nearly 3,000 players. Price 10 cents.



No. 241—Official Handbook of the A. A. U. of the United States

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which, are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc., and is an encyclopedia in itself. Price 10 cents.



No. 242—How to Play Foot Ball

Edited by Walter Camp. The contents embrace everything that a beginner wants to know and many points that an expert will be glad to learn. The pictures are made from snapshots of leading teams and players in action, with comments by Walter Camp. Price 10 cents.



No. 243—Official Basket Ball Guide

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country, and pictures of hundreds of players. Price 10 cents.



No. 244—Golf Guide

Edited by Charles S. Cox. Contains records of the important American golf events since their institution, short accounts of the state of the game in various parts of America, portraits of prominent players, and revised rules of the game. Price 10 cents.

No. 254—Barnjum Bar Bell Drill.

Edited by Dr. R. Tait McKenzie, Director of Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.



No. 255—How to Run 100 Yards

By J. W. Morton, the noted British champion. Written by Mr. Morton during his recent American trip, in 1905, especially for boys. Mr. Morton knows how to handle his subject, and his advice and directions for attaining speed will undoubtedly be of immense assistance to the great

majority of boys who have to rely on printed instructions. Many of Mr. Morton's methods of training are novel to American athletes, but his success is the best tribute to their work. Illustrated with photographs of Mr. Morton in action, taken especially for this book, in New York City. Price 10 cents.



No. 256—Official Handbook of the Ontario Hockey Association

Edited by W. A. Hewitt, of Toronto. Contains the official rules of the Association, constitution, rules of competition, list of officers, and pictures of leading players. Price 10 cents.



No. 257—Official Base Ball Guide

Edited by Henry Chadwick, the "Father of Base Ball." The official publication of base ball. It contains a complete record of all leagues in America, pictures of teams, official rules and reviews of the game. The standard base ball annual of the country. Price 10 cents.



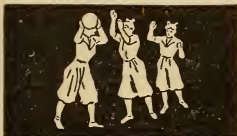
No. 258—Indoor Base Ball

America's national game is now vying with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game. Price 10 cents.



No. 259—Weight Throwing

By James S. Mitchel, Champion American weight thrower, and holder of American, Irish, British and Canadian championships. Probably no other man in the world has had the varied and long experience of James S. Mitchel in the weight throwing department of athletics. The book is written in an instructive way, and gives valuable information, not only for the novice, but for the expert as well. It is replete with lifelike illustrations of Champion John Flanagan throwing the hammer, Dennis Horgan, British and Irish champion shot putter, and others. Price 10 cents.



No. 260—Official Basket Ball Guide for Women.

Edited by Miss Senda Berenson, of Smith College. Contains the official rules of the game as revised by the Executive Committee, October, 1905, and articles on the following subjects: Games for women, by E. Hitchcock, Director of Physical Training, and Dean of College, Amherst College; condition of women's basket ball in the Middle West, by W. P. Bowen, Michigan State Normal College; a few suggestions about the actual playing of basket ball, by Agnes C. Childs, A. M., Smith College; psychological effects of basket ball for women, by Dr. L. H. Gulick, superintendent of physical training in the public schools of Greater New York; physiological effects of basket ball, by Theodore Hough, Ph. D.; significance of basket ball for women, by Senda Berenson; relative merit of the Y. M. C. A. rules and women's rules, by Augusta Lane Patrick, director of physical training, Newark (N. J.) High School; a plea for basket ball, by Julie Ellsbee Sullivan, Teachers' College, New York; diagram of field. Illustrated with many pictures of basket ball teams and scenes of play. Price 10 cents.



No. 261—Tensing Exercises

By Prof. E. B. Warman, and uniform with his previous numbers on Scientific Physical Training (see Spalding's Athletic Library Nos. 142, 149, 166, 185, 208, 213). The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Only forty minutes are required to take all the exercises. The illustrations comprise nearly seventy photographs explanatory of the text, rendering it extremely easy for anyone to follow the directions without trouble. Price 10 cents.



No. 262—Medicine Ball

This book is not a technical treatise, but a series of plain and practical exercises with the medicine ball suitable for boys and girls, business and professional men in and out of gymnasium. Lengthy explanation and technical nomenclature have been avoided in this booklet and illustrations used to take their place. The exercises are fascinating and attractive and avoid any semblance of drudgery. The editor of the book is Mr. W. J. Cromie, physical director of the Germantown (Pa.) Y. M. C. A. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY.

**No. 263—Ice Hockey and Ice Polo**

Written by the most famous player in Canada, A. Farrell, of the Shamrock hockey team of Montreal. It contains a complete description of the game, its origin, points of a good player, and an instructive article on how game is played, with diagrams and official rules. Illustrated with pictures of leading teams. Price 10 cents.

**No. 264—How to Play Roller Polo**

Edited by J. C. Morse. A full description of the game; official rules; pictures of teams; other articles of interest. Price 10 cents.

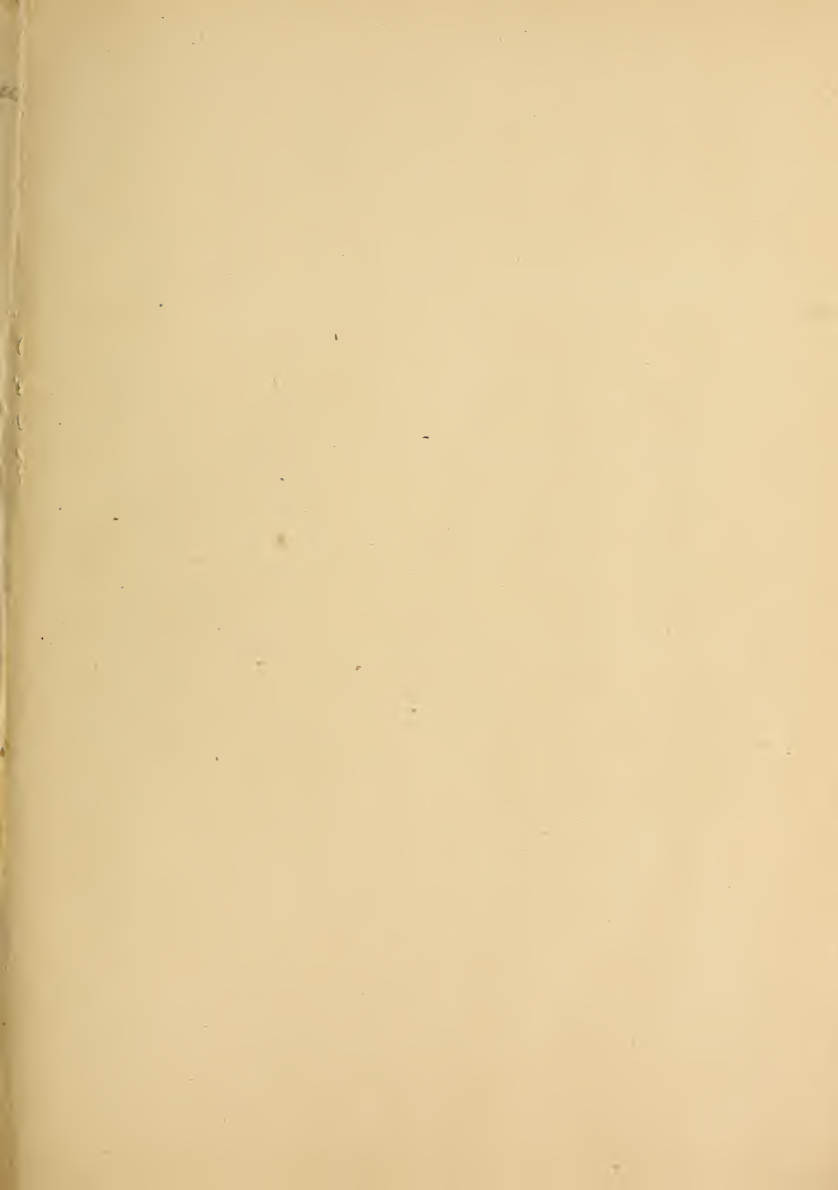
**No. 265—Spalding's Lawn Tennis Annual**

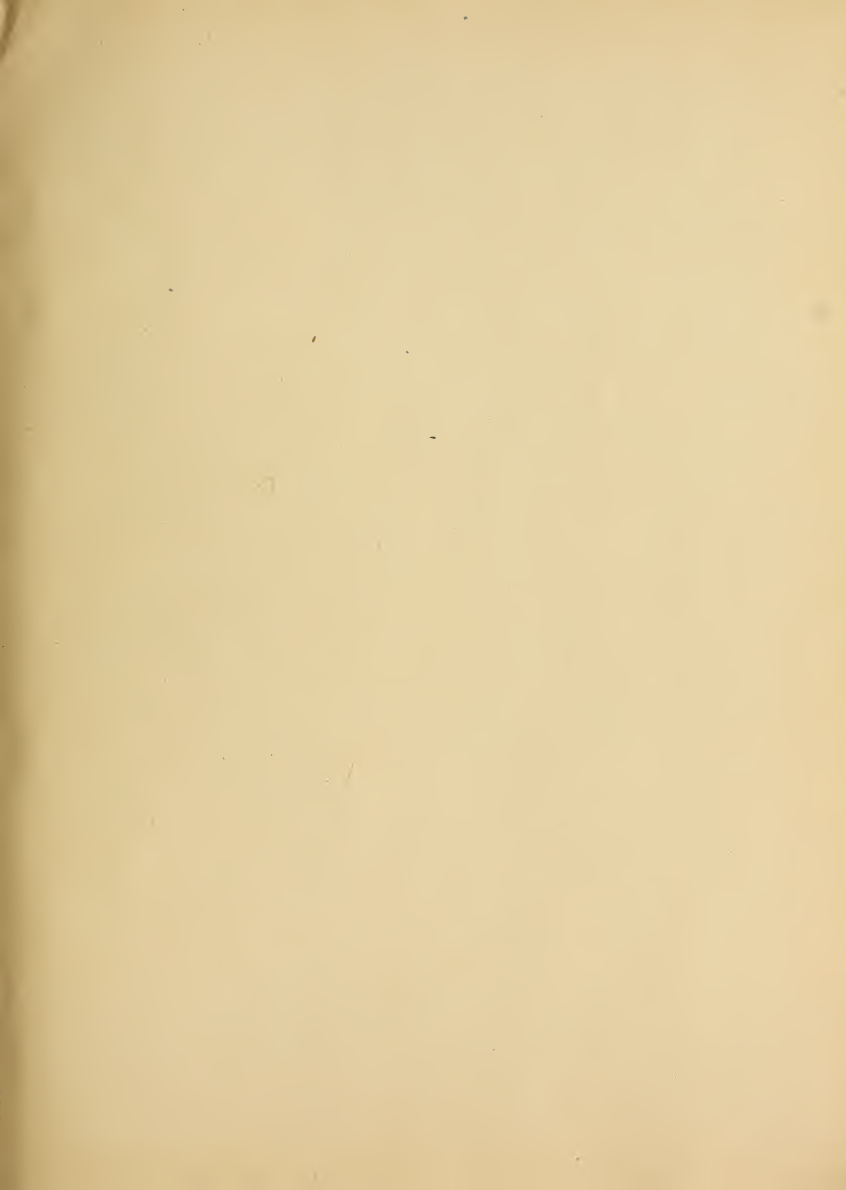
Contains official statistics, photographs of leading players, special articles on the game, review of important tournaments, official rules, handicapping rules and tables; list of fixtures for the current year and other valuable information. Edited by Harry P. Burchell, of New York. Price 10 cents.

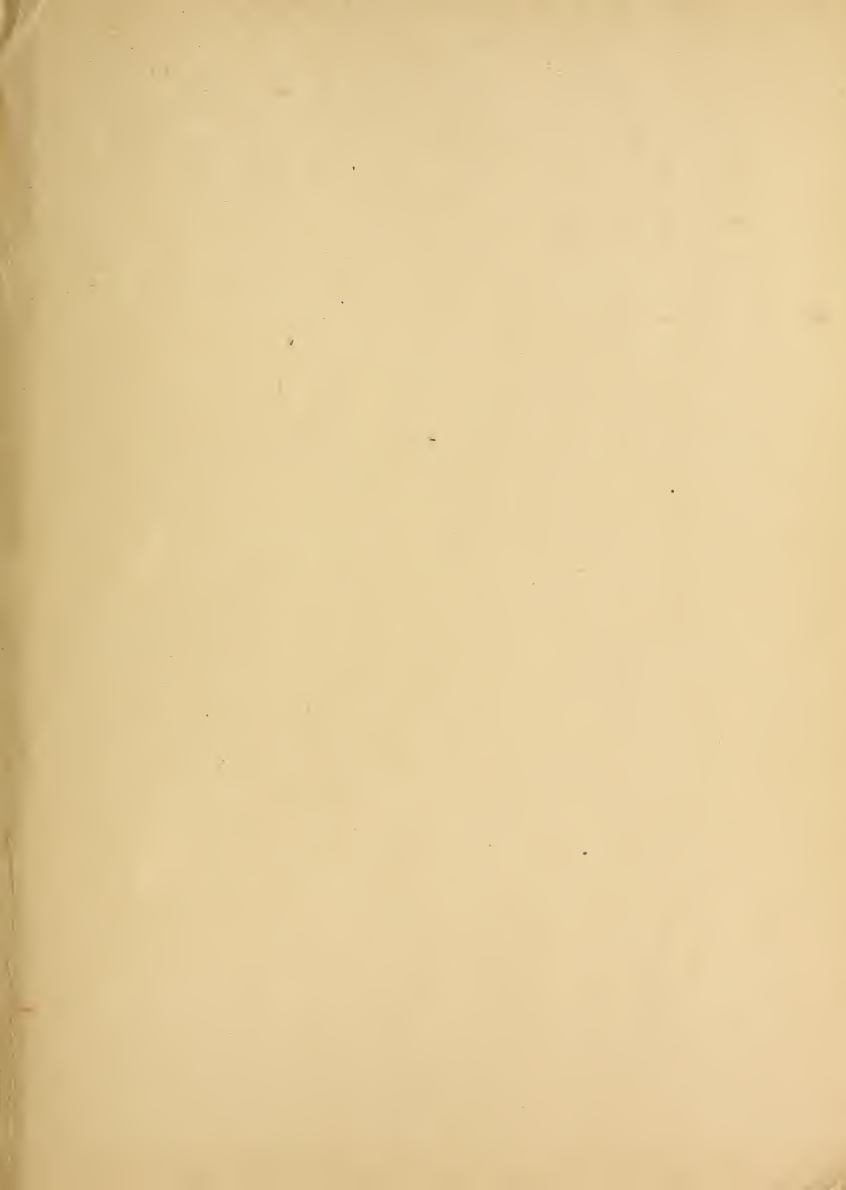
**No. 266—Spalding's Official Cricket Guide**

Edited by Jerome Flannery. The most complete year book of the game that has ever been published in America. It contains all the records of the previous year, reports of special matches, official rules and pictures of all the leading teams and individual players. Price 10 cents.

Spalding's Athletic Library is for sale by all
Athletic and Sporting Goods Dealers,
Newsdealers and Department Stores.







LIBRARY OF CONGRESS



0 020 565 622 4